Pasta Greats

143 Delicious Top Pasta Recipes

Jo Frank

Pasta Greats:

143 Delicious Top Pasta Recipes - From Almost Instant Pasta Salad to Winter Pesto Pasta with Shrimp

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Foreword

If you like pasta, you need this book. If you LOVE pasta, it's a definite must-have!

With 143 recipes guaranteed to make your mouth water, this book is a long-awaited treasure. The recipes are easy, the ingredients are easy to get and the featured pasta masterpieces are amazingly fast to make.

There is an excellent recipe for Rolled Pasta with Radicchio, Pancetta and Balsamic Vinegar, or try the wonderful Pasta with Spinach, Sausage and Roquefort Cream Sauce. Some of my personal favorites are the slightly sweeter pasta dishes like Poloni (miniature pasta squares with dairy sauce). Of course there's plenty for spicy and savoury lovers, too – how about Turkey Sausage, Pepper Meatballs, or Angel Hair with Fresh Tomato and Basil Sauce? Restaurant-delicious, and all so easy to make yourself.

This book will also give you the inspiration to experiment with different ingredients, since you'll find the extensive index to be extremely helpful. Each recipe is truly superb, wonderfully easy to put together, and you won't have to make or purchase a ton of condiments before you can start – just open the book and jump right in.

Asparagus and Artichoke Heart Pasta Chez Panisse, Chinese Pasta Salad with Creamy Ginger Dressing, Grilled Shrimp with Pasta and Fresh Tomatoes, Famous Meatballs for his Famous Pasta Sauce, Italian Brochettes with Angel Hair Pasta, Seafood Pasta Salad with Roasted Peppers, Curried Chicken and Bow Tie Pasta Salad, Pasta Salad with Chicken and Artichokes, Pasta with Fresh Tomato and Cream Sauce AND Pasta with Herbed Ricotta and Pine Nuts.

For family, friends, or creative self indulgence, this book is your ultimate reference guide to great comfort food for all seasons. Enjoy!

Jo Frank

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Almost Instant Pasta Salad

1	cup	Fat-Free Mayonnaise, or Salad Dressing
1/3	cup	Lemon Juice
2	Tbs	Sugar
2	Tbs	Dijon Mustard
1	tsp	Salt
1	tsp	Fresh Basil; chopped
12	oz	Bow-Tie Pasta; cooked al dente and drained
1	cup	Carrots; sliced
1	cup	Green Onions; sliced
1	cup	Yellow Squash; sliced
1	cup	Red Bell Pepper; chopped
1	cup	Green Bell Pepper; chopped

Procedure

1. Combine mayonnaise, lemon juice, sugar, mustard, salt and basil in a bowl and mix well. Stir in pasta and vegetables. Cover and chill 4 hours. Serve in bowls, on lettuce or cabbage leaves.
2. Per Serving: Calories: 150, Fat: Trace, Sodium: 520mg, No Cholesterol.
3.

Servings: 12

Angel Hair Pasta

1/2	cup	Extra-virgin olive oil
4	tsp	Shallots, diced
4	tsp	Garlic, minced
1	cup	Medium-sized mushrooms sliced
1	cup	Oyster mushrooms, stemmed
1	cup	Roma tomatoes, diced small
12	oz	Fresh spinach, washed and stemmed
1/2	cup	White wine
1	cup	Vegetable broth
		Salt & pepper to taste
24	oz	Angel hair pasta, cooked

Procedure

1. Heat olive oil in a small skilled over medium heat. Saute shallots, garlic and mushrooms until soft. Add roma tomatoes and fresh spinach, then add white wine and mix well.
2. When this begins to simmer, add the broth and season with salt and pepper to taste. Return to a simmer. Toss with cooked angel-hair pasta.
3. Approximate values per serving: 1,255 calories, 61 g fat, 1 mg cholesterol, 146 g carbohydrates, 466 mg sodium, 44 percent calories from fat.

Servings: 4

Angel Hair Pasta with Shrimp

1 1/2	Tbs	Butter
1 1/2	Tbs	Flour
1 1/2	cup	Milk
1/2	cup	35 per cent cream
1 1/2	Tbs	Pesto sauce
1 1/2	Tbs	Chopped parsley
1	Tbs	Minced garlic
2	Tbs	Grated paresan cheese
1/2	tsp	Salt
1/2	tsp	White pepper
1		x Worcestershire and tabasco
2/3	lb	Capellini
1/2		Red pepper, cut in strips
1/4	lb	Snow peas, trimmed
1	lb	Jumbo shrimp

Procedure

1 In a saucepan over medium heat, melt butter, stir in flour and cook for a few minutes until golden. Add milk and cream, bring to a gentle simmer and continue to stir until thickened. Add pesto, parsley, garlic, parmesan, salt, pepper, worcestershire and tabasco, and stir until blended. Reduce heat and keep warm, stirring occasionally. Cook pasta quickly in a large pot of boiling water (3 to 4 minutes, or until al dente). At the same time, poach the pepper, snowpeas and shrimp in another pot of boiling water (2 or 3 minutes, or until just heated through). Drain the pasta, mix it with the sauce and portion it into heated individual serving bowls. Garnish each portion with shrimp and vegetables, and serve immediately.

Servings: 4

Angel Hair Pasta with Whipped Cream and Porcini

1/2	oz	Dried porcini mushrooms *	1/2	pint	(1 cup) whipping cream
3	Tbs	Olive oil	3/4	cup	Angel hair pasta
1/2	cup	Chopped shallots	1/4	cup	Parmesan cheese
3/4	lb	Fresh mushrooms, chopped		pinch	Salt and pepper to taste

Procedure

1. Place the porcini in a small bowl and and 1/2 cup warm water. Allow to soak 45 minutes. Drain, reserving the liquid. Heat a large frying pan. Add the oil and shallots, and saute a minute. Add the fresh mushrooms and saute until tender. Chop the porcini coarsely and add to the frying pan, along with the reserved liquid. Simmer until most of the liquid is evaporated.
2. Bring a large pot of water to a boil along with a pinch of salt. In a separate bowl, whip the cream until it holds soft peaks. Refrigerate the whipped cream until the pasta is cooked. Cook the pasta in the boiling water until al dente. Drain well, return the drained pasta to the pot and add the mushroom mixture, cheese, whipped cream and salt and pepper to taste.
3. Using a large spatula, fold all of the ingredients together. Do this quickly, yet carefully, so that the whipped cream doesn't collapse entirely. You may want to save a bit of the whipped cream to dollop on top of the pasta as a garnish.
4. Serve immediately.
5. * Or other dried mushrooms

Servings: 4

Angel Hair Pasta withFresh Tomato & Basil Sauce

7		md Tomatoes, skinned & coarsely chopped
8	oz	Angel hair pasta
3	Tbs	Olive oil
1/3	cup	Basil, chopped
1/4	cup	Parsley, chopped
2		Scallions, minced
1/3	cup	Green olives, sliced
		Salt & pepper

Procedure

1. Cook & drain the pasta. In a serving bowl, combine the pasta with the tomatoes & remaining ingredients. Toss & serve immediately.
2. NOTE: In place of green olives, use black olives, same amount.

Servings: 6

Asparagus & Artichoke Heart Pasta Chez Panisse

1 1/2	lb	Asparagus	1 1/2	cup	Stock, Chicken
4		lg Artichokes	1	cup	Cream, Heavy
1		Lemon, Juice of	1	Tbs	Mustard, Dijon
4		Shallots			Salt
		Basil Leaves			Pepper
3	Tbs	Butter, Sweet			Pasta, Tagliatelle

Procedure

1. Cut the tips from the asparagus stalks and wash them well to remove any sand or grit. If they are large, cut into halves or quarters lengthwise. Save the stalks to make soup or puree, or for some other use. Remove all the outer leaves of the artichokes and pare down to the heart. Trim away the green leaf ends, the choke, and the stem. Cut the heart into 8 wedges, and leave them in water with the lemon juice until ready to cook. Peel and thinly slice the shallots. Cut the basil into ribbons.
2. Melt the shallots in a few teaspoons of butter. Add to chicken stock, gently reduce to about a cup, then add the cream. Meanwhile blanch the artichokes in boiling salted water four to five minutes until tender, then add to the sauce. Blanch the asparagus. When the tips are tender (2 to 3 minutes for thin asparagus and 5 to 6 minutes for fat asparagus), add them to the sauce. Add the mustard and basil and taste for salt and pepper. If the sauce is too thin, reduce it a little more. Cook the pasta and add to the pan. Toss in the cream sauce and serve garnished with the vegetables.

Servings: 4

Autumn Pasta

1	cup	Fresh coarse bread crumbs
1/2	tsp	Crushed red-pepper flakes
1/4	cup	Extra-virgin olive oil
3/4	lb	Linguini pasta
1/4	lb	Thinly sliced pancetta;* in 1-inch pieces
3/4	lb	Leeks; split, rinsed, sliced
1	lb	Red peppers; quartered, julienned
1	lb	Butternut squash; peeled cut into 2 x 1/4 inch stick
3/4	lb	Broccoli; peeled and coarsely chopped
3		lg Cloves garlic; minced
3/4	tsp	Salt
1/2	tsp	Freshly ground pepper

Procedure

1. Preheat oven to 350F. In bowl, mix crumbs, pepper flake, and 1 Tablespoon oil. Place on baking sheet; bake 5 minutes, until toasted, stirring once. Set aside.
2. Meanwhile, cook linguini as package label directs. Drain, reserving 3/4 cup cooking liquid. Keep pasta hot.
3. While pasta cooks, in large skillet, heat 1 Tablespoon oil over medium heat; add pancetta. Cook 8 minutes or until crisp, stirring ocassionally. With slotted spoon, remove to bowl. To drippings in skillet, add leeks; saute 10 minutes or until tender but not browned. With slotted spoon, remove to bowl with pancetta.
4. To skillet, add remaining 2 tablesppon oil; heat over medium-high heat. Add peppers and squash; saute 4 minutes. Add borccoli, garlic and 1/4 cup reserved pasta water;cover. Over high heat, cook 3 minutes or just until vegetables are tender.
5. In serving bowl, combine pasta, remaining 1/2 cup pasta water, the vegetables, pancetta mixture, the salt and pepper; toss. Top with bread-crumb mixture.

Servings: 4

Baja Chicken Pasta Salad

3/4	lb	Chicken Breast; *
6	oz	Dried Mixed Fruit; **
1	cup	Ring Macaroni Or Orzo; Raw
1	cup	Jicama; Cubed
2		Green Onions/Tops; Sliced
1/2	cup	Mayonnaise Or Salad Dressing
2	Tbs	Sour Cream Or Plain Yogurt
1	tsp	Red Chiles; Ground
1/4	tsp	Salt

Procedure

1 The chicken breast should be boneless, skinless and weigh about 3/4 *You should use 1 6-oz package of diced mixed fruit. There should Heat enough salted water to cover the chicken breast (1/4 tsp salt to 1 cup of water) to boiling in a 4 quart Dutch oven. Add the chicken breast. Cover and heat to boiling, reduce the heat and simmer until the chicken is done, about 15 to 20 minutes. Remove the chicken with a slotted spoon. Heat the water to boiling and add the fruit and ring macaroni or orzo gradually so that the water continues to boil. Boil, uncovered, stirring occasionally, just until the ring macaroni is tender, about to 8 minutes or 10 minutes for the orzo, then drain. Rinse with cold water and drain again. Cut the chicken into 1/2-inch pieces and mix with the fruit, macaroni, jicama and onions. Mix the remaining ingredients and toss with the chicken mixture. Cover and refrigerate until chilled, at least 2 hours.

Servings: 6

Basic Fresh Pasta Dough

1	cup	Unbleached flour	1	Tbs	Olive oil
1	cup	Semolina or durum flour	3		Eggs (or more); beaten
1	tsp	Salt			

Procedure

1. PLACE ALL ingredients except egg into a food processor. Add the egg a bit at a time while pulsing. When the dough forms into pellets, you've added enough eggs. Turn the dough onto a work surface and knead together into a stiff mass. Let rest for 15 minutes before rolling into pasta.
2.

Servings: 4

Beer Brat Pasta

One of National Pasta Association's Top 10 Favorites from the "Great States of Pasta" Recipe Contest Winners!

1	lbs	Rigatoni or other medium pasta shape
15	oz	fresh bratwurst
1/2	cup	beer
1-1/2	cups	low-fat cheddar cheese
2		sweet red peppers, coarsely chopped
1	cup	onions, coarsely chopped
4		garlic cloves, chopped
1/2	cup	fresh basil
1	Tbs	olive oil

Procedure

1. Preheat oven to 425°F. Mix red pepper, onions, and garlic with 1 Tbsp. of olive oil in 9 x 13 baking dish and roast in oven for 25 minutes; stirring occasionally.
2. While vegetables roast, remove casing from bratwurst, crumble and brown in a skillet over medium heat until they are no longer pink and well brown. Remove bratwurst and drain on paper towel. Pour fat from skillet. Add bratwurst and beer to skillet and simmer. Cook pasta according to package directions and drain, reserving 1/2 cup of pasta water.
3. Remove roasted vegetables from oven, immediately add bratwurst from skillet, add basil, pasta, 1 cup of cheese and toss to mix thoroughly. If mixture seems too dry, add some of the pasta water to moisten. Sprinkle remaining cheese over top and serve.

Servings: 10

Recipe Type

Main Dish, Meat, Pasta

Bow Tie Pasta Piquant

2		medium tomatoes, diced
2	Tbs	red wine vinegar
1/4	cup	chopped fresh basil
1/4	cup	olive oil
1/4	cup	Butter
1		clove garlic, minced
1 1/2	cups	fresh bread crumbs
8	oz	bow tie pasta
2	cups	shredded green cabbage
1/2	cup	blanched slivered almonds, toasted

Procedure

1. Toss together tomatoes, vinegar and basil; set aside.
2. Stir together olive oil, butter and garlic in skillet over medium heat; cook until bubbly. Stir in bread crumbs; cook stirring constantly, until crumbs are golden brown. Remove from heat.
3. Cook pasta in large pot of boiling water according to package directions; stir in shredded cabbage during last minute of cooking. Drain.
4. Toss pasta with tomato mixture. Toss with bread crumb mixture and almonds. Serve at once.

Servings: 6

Recipe Type

Main Dish, Pasta, Vegetarian

Broccoli-pasta Toss

2	cup	Broccoli flowerets	3	Tbs	Parmesan cheese, grated
4	oz	Fettuccine, broken up	1	tsp	Sesame seed, toasted
1	Tbs	Oil, cooking	1/8	tsp	Garlic powder

Procedure

1 PER SERVING: 168 cal., 6g Pro., 24g carbo., 5g fat, 3mg chol., 72mg sodium In a large saucepan cook broccoli and pasta in a large amount of boiling water for 6-8 minutes or just until tender, stirring once or twice. Drain. Add oil to pasta mixture and toss. Add cheese, sesame seeds, garlic, and pepper to taste. Toss gently to coat. Serve immediately.

2 --

Servings: 4

Butter ginger sauce for pasta

1/2	cup	Butter	1	tsp	Dried basil
3	Tbs	Grated fresh giner	4		Whole gr onions finely chop
4		Garlic cloves finely chopped	1		Fresh black pepper
1/2	tsp	Hot red pepper flakes	1/4	cup	Fresh grated parmaesam

Procedure

1 Melt butter in a medium skillet. Add everything except cheese and cook until garlic is tender, about 4 minutes. Combine hot pasta, toss with cheese and serve. Makes 4 servings. Pasta suggestions: 3/4 lb Capellini, spaghettini or linguine.

Servings: 4

Cajun Chicken Pasta

4	oz	Angel hair pasta	1/2	tsp	Onion powder
1	tsp	Minced garlic	1/2	tsp	Celery salt
1/2	lb	Boneless skinless chicken			Pepper to taste
		Breasts, cut into 1-inch	1 1/2	tsp	Cajun seasoning
		Chunks	1		Bay leaf
1	cup	Spaghetti sauce			

Procedure

1. Set a pot of water to boil.
2. Coat a large non-stick skillet with nonstick cooking spray. Add the garlic and chicken and stir-fry over medium-high heat for about 3 minutes, or until the chicken is browned.
3. Reduce the heat to low and add all of the remaining ingredients, except for the pasta, to the skillet. Simmer, stirring occasionaly, for about 10 minutes.
4. Meanwhile cook the pasta, drain, and set aside.
5. Divide the pasta into two bowls, and top each bowl with the chicken mixture (remove the bay leaf first).
6. NOTES
7. The original recipe had 2.2 g of fat per serving and 324 calories. It should still be pretty low.

Servings: 1

Cannelloni (Stuffed Pasta)

1 1/2	cup	Flour
1 1/2	tsp	Salt
5		Eggs, slightly beaten
1	Tbs	Salad oil
		Water, salted
1/2	cup	Onion, chopped
1		Garlic clove, medium,minced
1/2	tsp	Basil leaves, crushed
2	Tbs	Butter or margarine
16	oz	Tomatoes, chopped
11	oz	Cheddar cheese soup
1/2	cup	Milk
1/2	cup	Parmesan cheese, grated
1 1/2	cup	Ricotta cheese
1/4	cup	Prosciutto (Italian ham)
1/4	cup	Hard salami, chopped

Procedure

1. Combine flour and salt to a bowl; add 3 eggs and oil, mixing with a fork to form a firm dough.
2. Knead on lightly floured board until smooth, about 5 minutes.
3. Cover; let dough rest 5 minutes.
4. Roll dough into a 12 x 18-inch rectangle; cut into eighteen 4 x 3- inch rectangles.
5. Cover; let dough rest 1 hour.
6. Boil salted water in a large pan; cook rectanles of dough, a few at a time, 5 minutes, or until tender.
7. Rinse in cold water; drain on damp towel.
8. Meanwhile, prepare sauce:
9. a. Cook onion, garlic and basil in butter in a saucepan until tender.
10. b. Add tomatoes; bring to a boil.
11. c. Reduce heat; simmer 30 minutes, stirring occasionally.
12. Pour 1 cup sauce in the bottom of 3-quart 13 x 9 x 2-inch baking dish.
13. To make filling:
14. a. Combine soup, milk and Parmesan cheese in a bowl.
15. b. Combine 1/2 cup soup mixture and remaining ingredients in a saucepan; cook, stirring, until thickened.
16. To make cannelloni:
17. a. Spoon 2 tablespoons filling on narrow end of each piece of pasta; roll up.
18. b. Place roll-ups, seam-side down, in a baking dish; spoon remaining soup mixture and sauce over cannelloni.
19. c. Bake in preheated 350F. oven 30 to 35 minutes, or until hot.

20 Serve with additional Parmesan cheese.

Servings: 6

Cappellacci (stuffed Pasta Squares)

	PASTA SQUARES	
4		Eggs
2	tsp	Oil
1/2	tsp	Salt
2	cup	Flour

Procedure

1. -TOMATO SAUCE- md Onion; finely chopped Garlic cloves; crushed tb Olive oil cn Italian-style tomatoes -(14 1/2 oz. size cans) -cut in small pieces Fresh basil sprigs ts Salt Pepper tb Sugar
2. ---FILLING--- /2 lb Ricotta cheese /4 lb Spinach; cooked and chopped ts Ground nutmeg Eggs Grated Parmesan -=OR=- Sharp pecorino cheese Salt, pepper
3. -FOR COOKING WATER- tb Oil
4. Combine 4 eggs, 2 teaspoons oil and 1/2 teaspoon salt in bowl and whisk until well blended. Add flour, a little at a time, beating after each addition. Turn out onto well-floured board and knead several minutes until dough is firm and smooth but not dry. Add more flour if necessary to prevent sticking. Cover and let stand at slightly warm temperature about 30 minutes to ripen. Cut dough in -inch portions and roll out slightly to flatten enough to fit into pasta machine. Roll in machine starting with thickest setting and progressing to next to finest setting until pasta is very thin (expansion takes place during cooking). Continue until all dough is rolled into strips. Place strips on floured board and sprinkle lightly with flour. Cut in 4-inch squares and let rest 10 minutes before filling and cooking.
5. Meanwhile, to make sauce, saute onion and garlic in olive oil until golden. Add undrained tomatoes, basil and 2 teaspoons salt. Season with pepper to taste. Bring to boil and simmer 15 minutes. Add sugar at last minute.
6. To make filling, combine ricotta, drained spinach, nutmeg, 4 eggs and Parmesan to taste in bowl and mix well. Season to taste with salt and pepper.
7. Bring large pot of generously salted water to boil. Add 1 tablespoon oil. Drop each piece of pasta into boiling water and cook 3 to 4 minutes, or just until pasta floats to surface. Remove at once and plunge into bowl filled with ice water 1 minute. Drain pasta on clean cloth to prevent sticking. Place 1 tablespoon filling in center of each pasta square. Fold square into triangle, then again into smaller triangle. Press edges to seal. Pour layer of tomato sauce in large baking pan. Arrange cappellacci in rows, slightly overlapping. Cover with remaining sauce and sprinkle with additional Parmesan cheese. Bake at 400F 5 to 7 minutes.

Servings: 8

Cheese and Pasta Pie

6	oz	Spaghetti, cooked and -drained
1	tsp	Cooking oil
6		Eggs, beaten
1		pk (10 oz.) frozen spinach, ch -opped
1/2	cup	Green onion, thinly sliced
1/4	cup	Snipped parsley
1	tsp	Basil
1	cup	Ricotta cheese
1/2	cup	Milk or half & half
1	cup	Mozzarella cheese, shredded
1/2	tsp	Worcestershire sauce
1/2	tsp	Salt
1/4	cup	Parmesan cheese, grated
		Ground pepper, to taste

Procedure

1 (4-9-96) Combine the pasta, oil and 2 eggs and press into the bottom and up the sides of a 10" quiche or pie pan. Cover the edge of the pasta with greased foil to prevent burning. Bake in a 375 degree oven 7 to 10 minutes or until set. Cook the frozen spinach according to package directions. Drain well. Add the sliced onion, parsley and basil. Beat together the ricotta, 4 eggs and milk, add 1/2 cup mozzarella and stir in the vegetable mixture, Worcestershire, seasonings and parmesan. Spoon into the pasta shell. Sprinkle the remaining mozzarella on top. Bake at 375 for around 30 minutes or until set. Allow to stand 10 minutes before serving.

Servings: 6

Recipe Type

Pies

Cheesy mexican pasta

1/2 cup Velvetta cheese salsa Dip 2 cup Cooked pasta

Procedure

1 Stir velveeta cheese spread salsa dip into pasta. Garnish with chopped peppers and cilantro.

Servings: 4

Chicken and Cheddar Pasta Toss

6	oz	No boil pasta ribbons or No boil lasagna noodles, Broken
1		8-1/4-oz. frozen mesquite Chicken tenders or one 9-oz. Pkg. frozen chopped cooked Chicken, slightly thawed
3	oz	Reduced-fat cheddar or American cheese, cut into 3/4-inch cubes
1		md Green, yellow, or red sweet Pepper, cut into strips
1	oz	Pepperoni, chopped
1		8-oz. bottle nonfat Italian Salad dressing
1/8	tsp	Cracked black pepper
5	cup	Torn curly endive
1	cup	Red or yellow cherry Tomatoes, halved

Procedure

1 IN A LARGE MIXING BOWL cover noodles with boiling water. Let stand for 10 minutes, separating the noodles occasionally with a fork. Drain. Rinse with cold water and drain again. If using chicken tenders, halve them crosswise.

2 RETURN NOODLES TO BOWL; stir in chicken, cheese, pepper strips and pepperoni. Add dressing and black pepper; toss gently to coat. Cover and chill for 2 hours or overnight. Before serving, add endive and tomatoes; toss gently to mix.

3 Makes 6 main-dish servings.

4 Nutrition facts per serving: 252 cal., 7 g total fat (2 g sat. fat), mg chol., 792 mg sodium, 28 g carbo., 1 g fiber, 19 g pro. Daily Value: 17% vit. A, 31% mg sodium, 28g carbo., 1 g fiber, 19 g pro. Daily Value: 17% vit. A, 31 % vit. C, 16% calcium, 8% iron.

5

Servings: 6

Chicken and Pasta in Ginger Sauce

2	oz	Boneless, skinless chicken breasts, halved
8	oz	Spaghetti, uncooked
1		Chicken bouillon cube
1		md Red bell pepper, trimmed and cut into strip
1		lg Leek, white part only, trimmed and cut in 1-inch half rounds

Procedure

1. --THE SAUCE-- ts Garlic powder ts Ground ginger /8 ts Crushed rep pepper flakes ts Dried thyme ts Lime juice ts Dijon mustard tb Soy sauce tb Rice vinegar /4 c White cooking wine ts Honey Olive oil
2. Combine the sauce ingredients, and set aside.
3. Put the leek and pepper in a large skillet with a little bit of olive oil. Saute for about 3 minutes, just until the vegetables begin to wilt. Remove vegetables from the skillet and set aside. Add chicken to the skillet (and more olive oil, if necessary), and cook in the vegetable juices until no longer pink. Add the sauce to the skillet. Bring to a boil, and simmer on low heat for about 5 minutes. Prick the chicken with a fork, to let the juices seep in. Add the vegetables back into the skillet and cook for an additional 5 minutes, or until the chicken is cooked through.
4. While the chicken is simmering, bring a large pot of water to a boil over high heat. Dissolve the bouillon cube in the water. Add the spaghetti, and cook to desired doneness.
5. Transfer the pasta to a serving bowl. Arrange the chicken and vegetables and sauce on top, and enjoy!

Servings: 4

Chicken Big Mamou on Pasta

		PASTA
6	quart	Hot water
1/4	cup	Vegetable oil
3	Tbs	Salt
1 1/2	lb	Fresh spaghetti (1 lb dry)

Procedure

1. SEASONING MIX t Dried thyme leaves /4 t Ground cayenne pepper t White pepper /4 t Black pepper /2 t Dried sweet basil leaves
2. ----SAUCE---- lb Unsalted butter plus T Unsalted butter c Onions, chopped very fine ea Med. garlic cloves, peeled t Minced garlic /4 c RICH chicken stock (see note T Worcestershire sauce T Tabasco sauce + 1 teaspoon cn Tomato sauce (16 oz) T Sugar c Green onions,chopped vy fine
3. CHICKEN SEASONING MIX--- /2 T Salt /2 t White pepper /2 t Garlic powder /4 t Ground cayenne pepper t Black pepper t Cumin (optional) /2 t Dried sweet basil leaves lb Boneless chicken (see notes)
4. NOTE: To make a Rich Chicken Stock strain the basic stock, then continue simmering it until evaporation reduces the liquid by half. For example, if the recipe calls for 1 cup Rich Stock, start it with at least 2 cups of strained basic stock. dark meat, cut into 1/2-inch cubes. Directions: Place in the hot water, oil and salt in a large pot over high heat; and cover and bring to a boil. When water reaches a rolling boil, add small amounts of spaghetti at a time to the pot, breaking up oil patches as you drop the spaghetti in. Return to boiling and cook to al dente stage, do not over cook.(To test doneness of spaghetti, cut a strand in half near the end of cooking time. When done, there should be only a speck of white in the center, less than one-fourth the diameter of the strand.) Do not overcook. During this cooking time, use a wooden or spaghetti spoon to lift spaghetti out of the water by spoonfuls and shake strands back into the boiling water. (It may be an old wives' tale, but this procedure seems to enhance the spaghetti's texture.) Then immediately drain spaghetti into a collander; stop cooking process by running cold water over strands. (If you used dry spaghetti, first rinse with hot water to wash off starch.) After the pasta has cooled thoroughly, about 2 to 3 minutes, pour a liberal amount of vegetable oil in your hands and toss spaghetti. Set aside still in the colander. Meanwhile, thoroughly combine the seasoning mix ingredients in a small bowl and set aside. In a 4-quart saucepan, combine 1-1/2 sticks of the butter, the onions and garlic cloves; saute over medium heat 5 minutes, stirring occasionally. Add the minced garlic and seasoning mix; continue cooking over medium heat until onions are dark brown, but not burned, about 8 to 10 minutes, stirring often. Add 2-1/2 cups of the stock, the Worcestershire and Tabasco; bring to a fast simmer and cook about minutes,

stirring often. Stir in the tomato sauce and bring mixture to a boil. Then stir in the sugar and 1 cup of the green onions; gently simmer uncovered about 40 nminutes, stirring occasionally. Heat the serving plates in a 250F oven. Combine the ingredients of the chicken seasoning mix in a small bowl; mix well. Sprinkle over the chicken, rubbing it in with your hands. In a large skillet melt 1-1/2 sticks of the butter over medium heat. Add the remaining 1 cup green onions and saute over high heat about 3 minutes. Add the chicken and continue cooking 10 minutes, stirring frequently. When the tomato sauce has simmered about 40 minutes, stir in the chicken mixture and heat through. To finish the dish, for each serving melt 2 tablespoons butter in a large skillet over medium heat. Add one-sixth of the cooked spaghetti (a bit less than a 2 cup measure); heat spaghetti 1 minute, stirring constantly. Add 1-1/4 cups chicken and sauce and 2 tablespoons of remaining stock; heat throughly, stirring frequently. Remove from heat. Roll spaghetti on a large fork and lift onto a heated serving plate. Repeat process for remaining servings.

Servings: 6

Chicken Pasta Salad

10	oz	Uncooked Spiral Pasta	1	cup	Broccoli Florets
2	cup	Yellow Squash; sliced	1	cup	Onion; diced
1	cup	Red Pepper; diced	2		Tomatoes; diced
4		Chicken Breasts; skinned, boned and cooked			

Procedure

1. ---DRESSING--- /2 c Nonfat Plain Yogurt tb Lite Miracle Whip c Lowfat Milk pk Good Seasons Salad Dressing
2. Dice cooked chicken in bite-size pieces. Boil pasta and lightly steam vegetables. Mix dressing in processor or blender. Toss everything in large serving bowl. Serve chilled. Makes 6 main course servings.
3. Nutritional analysis per serving: 408 calories; 7 grams fat; 5 grams fiber; 51 mg. cholesterol; 86 mg sodium.
4.

Servings: 6

Chinese pasta salad

1 1/2	cup	Snow peas
250	g	Rice vermicelli
1		x Red pepper sliced thin
1/2		English cucumber sliced thin
6	oz	Cooked shrimp
130	g	Crabmeat
1	Tbs	Fine chopped fresh ginger
1		Chopped garlic clove
2	Tbs	Sesame oil
1/2	tsp	Black pepper
1 1/2	tsp	Salt
2	Tbs	Lemon juice
3	tsp	Vegetable oil
1	tsp	Red wine vinegar

Procedure

1 Wash and trim snwo peas. Place them in a bowl and pour in enough boiling water to cover them. Let stand 10 minutes; drain and set aside. Cook the noodles in plenty of boiling water for 3 to 4 minutes. Drain in colander, rinse with cold water and set aside. In large bowl, combine noodles, snow peas, red pepper, cucumber, shrimp and crabmeat. In a small bowl, combine ginger, garlic, sesame oil, pepper, salt, vegetable oil, lemon juice and vinegar. Pour this dressing over the other ingredients and mix thoroughly. Chill before serving.

Servings: 6

Chinese Pasta Salad with Creamy Ginger Dressing

1	lb	Precooked shanghai noodles
1		Dash sesame oil for noodles
1/2	lb	Snow peas
1/2	lb	Shrimp, shelled deveined
2	Tbs	Coriander, chopped
2	Tbs	Scallions, minced
1	Tbs	Oil
1		shrimp marinade
1	tsp	Salt
1/4	tsp	White pepper
1/2	tsp	Chinese cooking wine
1		, , dressing
3	Tbs	Fresh ginger, grated
1		Small garlic clove, crushed
1		Egg yolk
1	tsp	Egg white
2	tsp	Lemon juice
2/3	cup	Vegetable oil (not olive)
1 1/2	tsp	Soy sauce
2 1/2	Tbs	Sesame oil
1	Tbs	Cream

Procedure

1 Mix the marinade ingredients in a small bowl and add shrimp. Blanch the noodles, rinse under cool water and sprinkle with sesame seed oil, toss, and set aside. (You may want to trim noodles with scissors to about 4 inches in length, to make serving easier.) Blanch whole snow peas and set aside. Heat wok, add 1 tablespoon oil, when oil is hot, add shrimp and stir-fry until pink. Set aside. DRESSING: In a blender or food processor, mix ginger, garlic, egg yolk, egg white, and lemon. Slowly drizzle in oil. Mix in soy and cream. Set aside. Toss noodles, shrimps, and snow peas. Mix in dressing to tastee. Garnish with scallions and coriander. Serve at room temperature.

Servings: 4

Chris Perry's Pasta Salad

1/2		Red onion, chopped	1		sm Tomato, cubed
1/2		Green pepper, chopped	1/2		cn Chopped black olives (small)
6	oz	Sliced pepperoni, cut in halves or quarters			Presto Italian dressing
4	oz	Shredded cheddar cheese	1		Box Three colored pasta

Procedure

1. Cook and chill pasta. Add vegetables and other ingredients.
2. About 1 hour before serving, add dressing and toss. Toss before serving.
3. Salt and season to taste.

Servings: 6

Creamy Ham and Pasta

3 1/2	cup	Uncooked bow tie or rotini pasta (7 oz)
1	cup	Frozen peas
6	oz	Turkey ham, sliced thin & cut into thin strips
6	oz	Light cream cheese (3/4 c)
1/2	cup	Skim or 1% milk

Procedure

1. In a large saucepan, cook pasta to desired doneness. Add frozen peas to the last 6 minutes of cooking time, and add the ham to the last 1 minute of cooking time. Drain; return to pan.
2. In a small bowl with a wire whisk, combine the softened cream cheese and milk; stir into hot cooked pasta mixture. Cook and stir over medium low heat 1-2 minutes or just until thoroughly heated.
3. Servings: 4 (1 1/4 cup) servings
4. Each serving contains 3 breads, 1 1/2 proteins, 1 fat
5. Per serving: 370 cal.

Servings: 4

Creamy Peppery Pasta Sauce

2	Tbs	Olive oil
1	cup	Chopped Onion
3		md Minced Garlic Cloves
28	oz	Canned Whole Tomatoes
2	tsp	Tabasco Pepper Sauce
1	Tbs	Chopped Fresh Basil Leaves

Or:

1	tsp	Dried Basil
1/2	tsp	Dried Rosemary
1/4	tsp	Salt
1/3	cup	Ricotta Cheese (See Note)
1/3	cup	Plain Yogurt (See Note)

Procedure

1. We like this piquant tomato sauce, which is easy on the calories, but if you are in the mood to indulge, try cream in place of the ricotta and yogurt. In a large saucepan, heat the oil and saute the onion and garlic until soft, about 5 minutes. Chop the tomatoes, reserving the liquid. Add the tomatoes, 1/2 cup of the reserved liquid, and the Tabasco sauce, basil, rosemary, and salt to the saucepan and mix well. Simmer, uncovered, for 30 minutes, adding more of the tomato liquid if the sauce is too thick. In a food processor or blender, process the ricotta cheese and yogurt until smooth. Stir the mixture into the tomato sauce and heat without allowing it to come to a boil. The sauce may look slightly grainy, but appears smooth when it is added to hot pasta.
2. NOTE: Low-fat ricotta and yogurt can be used.

Servings: 4

Curried Chicken and Bow Tie Pasta Salad

3	lb	Chicken
1		x , , poaching ingredients, ,
6		*peppercorns
1		*bay leaf
1		*parsley stalk
1		*sprig of fresh thyme
1		*onion
1		*carrot
1		*celery stalk
1/2		x Green pepper, finely shred
1/2		x Red pepper, finely shred
1/2		x Yellow pepper, finely shred
8	oz	Bow tie pasta, cooked
1		Salt
1		Pepper
1		curry flavouring, , ,
1/2		x *small onion finely diced
2	tsp	*vegetable oil
1	Tbs	*curry powder
1/2	cup	*white wine
2	Tbs	*water
1		curry mayonnaise, , ,
1 1/2	cup	Mayonnaise
2	Tbs	Warm water
3	Tbs	Curry flavoring (above)
1		Pepper
1		Salt

Procedure

1 Poach chicken by placing in a large pot with enough cold water to barely cover. Add peppercorns, bay leaf, parsley, thyme and one each: onion, carrot and celery cut into quarters. Bring to a bare boil with lid on; reduce heat to low and simmer for 50 minutes. Cool in poaching liquid, then drain, skin and shred. To make curry flavouring, soften diced onion in hot oil, then add curry powder and cook over medium-high heat for a further 3 minutes. Add wine and water. Boil rapidly until reduced to about 3 tablespoons. Strain and let cool. Prepare curry mayonnaise by combining all ingredients until smooth. Place peppers in a large bowl (reserving a little for garnish), with chicken, pasta, salt, pepper and curry mayonnaise. Mix gently until well- coated. If mayonnaise mixture is too thick, add warm water gradually until a smooth consistency is attained. Place a portion of salad on bed of spinach and sprinkle reserved peppers on top. Assemble just before serving, as the mayonnaise quickly loses its fresh look.

Servings: 4

Delicate Whole-Wheat Pasta

1	cup	Flour, whole-wheat pastry	2		Eggs
1	tsp	Salt	2	tsp	Olive oil
1	cup	Flour, unbleached	2	Tbs	Water; (more as needed)

Procedure

1 Sift flours and salt together into a large mixing bowl or food processor. Add the eggs and oil, and work together until you have a moderately sticky lump (if working by hand) or a grainy mixture (if working with a food processor). Add 2 T. water, and work the dough until you have a fairly firm lump. Add a little more water or flour as needed to get a good-feeling texture. If working by hand, don't try to reincorporate the flakes that fall off the main lump. Knead the dough gently for 5 minutes, wrap in a damp dish towel, and let it rest 30 minutes to an hour. Divide the dough into 8 parts and roll out very thin with a rolling pin or pasta roller. It will thicken and shrink a bit after the rolling, so roll a little thinner than you want it to end up. Makes 24 lasagne noodles, or enough spaghetti/fettucine for 8.

Servings: 8

Dijon Pasta Salad

1	lb	Tricolored fusilli or rotini pasta	6		Thick bacon slices; cooked and chopped
2/3	cup	Corn oil	2		Hard-cooked eggs; chopped
2	Tbs	Cider vinegar	2		Scallions; chopped
2	tsp	Dijon-style mustard	1/2	tsp	Salt (up to 1 ts)
2/3	cup	Mayonnaise			Paprika (optional)
2		lg Celery ribs; chopped			

Procedure

1. Cook pasta in boiling water just until done, usually 11 to 13 minutes. Drain. Run cold water over pasta until it is completely cool.
2. In a large bowl, whisk together oil, vinegar, mustard, and mayonnaise. Add pasta and all other ingredients to dressing, mix carefully, and taste for seasoning. Chill thoroughly before serving.
3. Makes 8 to 10 servings.

Servings: 8

Dilled Pasta Salad

		DRESSING
1/3	cup	White wine vinegar
1	Tbs	Olive oil, extra light
1	tsp	Dill weed
1/4	tsp	Salt
1/4	tsp	Dry mustard
1/8	tsp	Pepper

Procedure

1. ----SALAD---- oz (2 cups) rotini pasta c Sliced carrots c Cut 1" fresh green beans /2 c Red bell pepper strips Green onions, sliced (1/2c) Cherry tomatoes, quartered /2 c Sliced cucumber oz (1/2 c) cubed low fat -mozarella cheese
2. In a jar, combine all dressing ingredients, and shake well.
3. Cook pasta in 3 quarts boiling water to desired doneness, adding carrots and green beans during the last 2-4 minutes or pasta cooking time. Drain; rinse thoroughly with cold water to cool rapidly.
4. In a large serving bowl, combine cooled pasta mixture and remain- ing salad ingredients. Pour dressing over salad; toss gently.
5. Nutritional info: per cup, 130 calories, 4 gms fat; Dietary exchanges, breads, 1 vegetable, 1 fat Makes 8 1 cup servings.
6.

Servings: 8

Easy, Cheesy Green Bean Pasta

16	oz	Can Cut Green Beans	1/2	cup	Green Onions; sliced
2	cup	Corkscrew Pasta; cooked	1	tsp	Basil
1	cup	Monterey Jack Cheese shredded	1		Clove Garlic; minced

Procedure

1 Drain beans, reserving 1/2 cup liquid. Combine green beans and reserved liquid with remaining ingredients; heat through.

2

Servings: 4

Egg Pasta Dough Abm

6	Eggs	4 1/2	cup	Flour

Procedure

1. Put flour in the pan and crack the eggs into the center of the flour. Start the machine and check to make sure it isn't working too hard. If so, add a tablespoon of cold water at a time until it is kneading without trouble. Remove the dough as soon as the kneading has stopped. Check the dough before rolling by inserting a finger into the center; if it comes out almost dry, then it is ready to use. Take small pieces of dough at a time and roll it to the thickness of the noddle you want and slice it lenghtwise. Flour the noodles and set them aside. You can hang them on a drying rack. To cook fresh noodles, bring to a boil 2/3 large pan of salted water. Add pasta and bring water back to boil, cooking uncovered for 5 to 20 seconds after the water returns to a boil. DO NOT OVERCOOK PASTA! If your pasta is more than a day old, it requires longer cooking.

Servings: 1

Famous Meatballs for his Famous Pasta Sauce

4 1/2	lb	Ground chuck or lean beef
2		Eggs
1	Tbs	Garlic salt
1	Tbs	Italian seasoning
3	cup	Or more Italian bread crumbs
3/4	cup	Or more Grated Romano cheese

Procedure

1. In a very large bowl, add all ingredients except the cheese. The mixture will be very very dry (this is good, as the crumbs will ab- sorb any fats in the sauce!). Mix well. Add the cheese.
2. Form meatballs to the size you desire and saute all sides until just brown. Drop in the sauce you are making.
3. This recipe will make 24 +/- "larger than golf-ball size", or smaller, depending on your desires.
4.

Servings: 1
Yield: 24 Meatballs+

Famous Pasta Sauce

Procedure

1. qt Tomatoes oz jar Spaghetti Sauce cn 20 oz tomato sauce cn Tomato paste tb Italian seasoning /2 ts Ground sage ts Garlic powder or salt tb Oregano ts Parsley tb Sugar /2 c Romano cheese, grated /2 c Parmesan cheese, grated
2. NOTE: It is best to use fresh canned tomatos and when you use the spaghetti sauce, the thicker the better (we use Prego).
3. In a very LARGE pot, using a vegetable mill, grind tomatos to remove seeds and hard pulp. Pour the tomato sauce and spaghetti sauce in the mill, and process it.If the tomatos you added were watery, you might want to add a second jar/can of spaghetti sauce. Clean the jars out with water. The point you are trying to do is to retain as much of the essence of the ground whole tomatos as possible. Discard the debris. Add the tomato paste directly to the tomato mixture. (Note, clean the cans of paste as best as possible... you want them to be very clean.)
4. Mix well. Salt and pepper to taste.
5. Add all spices and the cheeses and mix well. Cover and place on very low heat. If you wish to add meatballs to the sauce while it is cooking now is the time to make them. Once made, add them directly to the sauce.
6. As it cooks you may want to adjust the spices and the cheeses depending on your tastes. We add at least another tablespoon of oregano, 2 table- spoons of parsley, a little more salt, and at least another 1/2 cup each of romano and parmesan cheeses.
7. Stir every half hour or so to prevent scortching on the bottom of the pot. When the sauce is cooked down to your taste (and the meatballs are done to your liking), remove from heat and let sit for 1/2 hour.
8.
9. This is the absolutely BEST sauce we have ever eaten, and we have references for it from the users of the BBS!! Enjoy!

Servings: 1
Yield: 1 Large pot!

Fast and Easy Stir-Fried Pasta

3	tsp	Olive Oil	1	tsp	Garlic; finely chopped
1		sm Onion; chopped	1	tsp	Fresh Ginger; finely chopped
1		Carrot; julienned	1	dash	Red Pepper Flakes
1		Zucchini; julienned	8	oz	Penne Pasta; cooked

Procedure

1. Heat the oil in a wok; add onions and carrots; stir-fry 2 minutes. Add the zucchini, garlic, ginger and red pepper flakes, stirring and tossing to combine. Throw in the cooked pasta. Stir-fry 1 minute, or until everything is heated through and fragrant. Transfer to a big bowl, hop into bed and watch the news.
2. Per serving: 535 calories, 16 g protein, 98 g carbohydrate, 9 g fat, g saturated fat, 19 mg sodium, 3 g fiber, no cholesterol.

Servings: 2

Feta Stuffed Pasta Shells

48		Pasta shells; large	1/4	cup	Walnuts; finely chopped
3/4	cup	Feta cheese; crumbled	2	Tbs	Parsley; fresh chopped
3/4	cup	Red pepper; finely diced	1/2	tsp	Oregano; dried
12		Olives; black pitted and fi			

Procedure

1 Fat grams per serving: Approx. Cook Time: :05 In pot of boiling water, cook pasta shells as directed on package (till al dente). Rinse until cold water. Drain well, arrange shells on large microwave safe serving dish. Set aside. In bowl, combine feta, red pepper, olives, walnuts, parsley and oregano. Fill each pasta shells with about 1 tsp of feta cheese mixture. Use toothpick to skewer each shell. Microwave stuffed shells at Medium (50%) for 4 to 5 minutes or till heated through. MAKES: 48 appetizers

Servings: 1

Fiesta Pasta Salad

16	oz	Pasta, ziti
1		Onion, red, lg, coarse chop
16	oz	Turkey or beef, cooked, cut
1		Pepper, green, lg, coarse c
1		x Into thin strips
1/2	cup	Olived, ripe, pitted, slice
2	cup	Cheese, mozzarella, shredded
1	cup	Italian salad dressing, pre

Procedure

1 Prepare pasta as directed on package; drain. rinse with cold water and drain well. Combine pasta with remaining ingredients in a large bowl; toss. Cover and chill 1 hour.

Servings: 8

Fresh Vegetable Soup with Pasta

Procedure

1. Onion; chopped Carrots; peeled, thinly -sliced Zucchini; sliced md Tomatoes; peeled, seeded, -chopped cn 10.5-oz. condns'd beef broth c -Water tb Fresh parsley; chopped tb Fresh oregano; chopped /2 c Small shell shaped pasta Parmesan cheese; grated
2. In slowcooker, combine everything except pasta and cheese. Cover and cook on LOW 8 to 9 hrs. or until vegetables are tender. Turn on HIGH. Add pasta; cover and cook on HIGH 20 mins. or until pasta is tender. Ladle into serving bowls; sprinkle with cheese.
3. Per serving - 61 cal, 3 g pro, 12 g carbo, 1 g fat, -0- chol, 275 mg sod

Servings: 6

Garden Pasta

5		Tomatoes, chopped
2		Celery, chopped
2		Carrots, chopped
1		Onion, medium, chopped
8		Green onion, chopped
1		package Equal
1	tsp	Basil
1/4	tsp	Garlic powder
1/2	tsp	Salt
1/2	tsp	Pepper
1/2	tsp	Oregano
1	Tbs	Vegetable or salad oil
1	lb	Spaghetti

Procedure

1 Put the vegetables in a pot and cover tightly. Cook over medium heat, stirring occasionally, for 10 min. Add seasonings. Cover pot, cook medium-low heat for 5 minutes. Add oil and simmer for 30 min. or until carrots are tender. Cook spaghetti, drain. Toss with the sauce. Cal: 150; Fat: 1/2g.

Servings: 6

Garlic Parmesan Pasta

1/2	cup	Butter Or Margarine
2	tsp	Dried Basil; Crushed
2	tsp	Lemon Juice
1 1/4	tsp	Garlic Powder W/Parsley
3/4	tsp	Seasoned Salt
8	oz	Fettuccine; Cooked & Drained
1 1/2	cup	Broccoli Floweretts; Cooked Tender Crisp
3	Tbs	Walnuts; Chopped
1/2	cup	Parmesan Or Romano Cheese Grated

Procedure

1. Melt the butter in a large skillet and add the basil, lemon juice, garlic powder and seasoned salt, blending well. Add the fettuccine, broccoli, walnuts and parmesan cheese, blending well and tossing to coat the fettuccine.
2. PRESENTATION:
3. Serve with a fresh spinach salad.

Servings: 4

Garlicky Beef and Pasta

1 1/2	cup	Uncooked rotoni pasta (Spirals)
1	lb	Beef round tip steak, cut 1/8 to 1/4 inch thick
		Vegetable cooking spray
2		Cloves garlic, crushed
1/2	tsp	Salt
1/8	tsp	Pepper (or 1/4 ts)
1	Tbs	Water
2	cup	Frozen cut green beans about 8 ounces
1/2	cup	Jarred brown beef gravy

Procedure

1. Cook pasta according to package directions; keep warm. Meanwhile stack beef steaks; cut lengthwise in half and then crosswise into -inch-wide strips.
2. Spray large non-stick skillet with cooking spray; place skillet over medium-high heat until hot. Add beef and garlic, half at a time, and stir-fry 1 minute or until outside surface of beef is no longer pink. Don't overcook. Season with salt and pepper. Remove from skillet; keep warm. In same skillet, heat water until hot. Add green beans; cook 4 or 5 minutes or until tender, stirring occasionally. Stir in gravy and pasta; heat through. Return beef to skillet; toss to combine.
3. Approximate values per serving: 296 calories, 7 g fat, 70 mg cholesterol, 488 mg sodium, 21 percent calories from fat.

Servings: 4

GrandMom's Pasta

10	oz	Italian sausage			Or any pasta sauce
2	tsp	Water	1/4	cup	Heavy cream
1		Jar Pasta Sauce with basil and garlic	1	lb	Rigatoni, cooked
					Fresh grated Parmesan cheese

Procedure

1 Remove sausage from casing and crumble into a large saucepot. Add the water and cook over low heat for 20 minutes, or until it is cooked. Drain off fat. Add pasta sauce and simmer for 5 minutes. Stir in cream.

2 Serve pasta sauce over cooked rigatoni and top with cheese.

3

Servings: 6

Grilled Shrimp With Pasta and Fresh Tomatoes

1	lb	large shrimp
3/4	cup	fruity olive oil
		salt and fresh black pepper
3	Tbs	balsamic vinegar
1		shallot minced
1	tsp	Dijon mustard
4		large ripe tomatoes, cut into chunks
20		leaves fresh basil, roughly chopped
1	lb	penne

Procedure

1. Set a large pot of salted water to boil for the pasta; start a charcoal fire or light a gas grill. Brush the shrimp with about 1/4 c olive oil; sprinkle them with salt and pepper. mix together the remaining olive oil, 2 TB of the vinegar, the shallot, and mustard, and season with salt and pepper. taste to add more vinegar if needed. set the tomatoes in a large bowl to marinade with the vinaigrette and basil. Grill the shrimp over high heat until they turn pink, about 2-3 minutes per side; meanwhile, cook the pasta according to the package directions. Drain the pasta, toss with the tomatoes, top with the grilled shrimp, and serve.
2. Crawfish works great with this dish also.

Servings: 4

Recipe Type

Bbq List, Fish And Seafood

Hogan's Ultimate Pasta Salad

		=== SALAD ===
16	oz	Three Spiral Pasta
8	oz	Tortellini, cheese-filled
1/2	cup	Parmesan cheese, grated
1/2	cup	Cheddar cheese, grated
1/8	cup	Black olives, chopped
1/8	cup	Carrots, shredded
3/4	cup	Bell pepper, diced
1	cup	Peas
3/4	cup	Red onion, diced
1 1/2	cup	Tomatoes, diced
1/2	cup	Dill, fresh, chopped
1	cup	Ham, cubed small
2		Eggs, hard-boiled
1	Tbs	Salad oil
		=== DRESSING ===
1	Tbs	Salad oil
3	Tbs	Red wine vinegar
2	Tbs	Dijon mustard
1	Tbs	Lemon juice
1	cup	Mayonnaise
1	Tbs	Garlic, fresh, minced
1	Tbs	Basil, fresh, minced
1	Tbs	Oregano, fresh, minced
3/4	tsp	Dry mustard for dressing
		Salt to taste for dressing
		Pepper to taste for dressing

Procedure

1. DIRECTIONS:
2. Boil pasta according to package directions; drain, then cool.
3. Heat salad oil in skillet and add the bell peppers and saute until just becoming tender.
4. Mix all other "salad" ingredients together, then add the sauteed bell peppers, also.
5. Prepare "dressing" then mix in with "salad".
6. Toss well, cover and chill.
7.

Servings: 12

Hot Tuna & Pasta Salad

1/2	cup	Mayonnaise
1/4	cup	Lemon juice
1	Tbs	Dijon Mustard
1		lg Salad White Tuna
1/2	lb	Mediuxm Shell Macaroni
10	oz	Frozen Chopped Broccoli, thawed
2	cup	Carrots, sliced and cooked
2	tsp	Soy Sauce
1/8	tsp	Ginger
1/8	tsp	Basil

Procedure

1 Cook pasta per directions. Cook broccoli per directions. Combine mayonnaise, lemon juice, mustard, soy sauce, ginger and basil in a bowl. Toss with hot macaroni, tuna, broccoli and carrots. Mix and serve warm.

2

Servings: 1

Italian Brochettes with Angel Hair Pasta

2		sm Japanese eggplants
1		Zucchini
1		Yellow crookneck squash
1/2	lb	Button mushrooms
1		Red bell pepper
1		Yellow bell pepper
2		sm Red onions
1		Fennel bulb
1/2	lb	Cherry toamtoes
		MARINADE
1/2		bn Fresh thyme
1	pinch	Crushed red pepper
		Grated zest of 1 lemon
1/2	tsp	Salt, optional
1/2	tsp	Pepper, optional
9		Garlic cloves
		Juice of 2 lemons
1/4	cup	Vegetable broth or olive oil
		PASTA
1/2	cup	Tomato sauce
1	lb	Angel hair pasta

Procedure

1. Cut eggplant, squash & zucchini into pieces 1/4" thick. Halve mushrooms & cut bell peppers into strips. Quarter removing skins only if they are dirty. Trim outer leaves of fennel & remove any dirt. Slice into 8 thin wedges. Place all vegetables into large bowl.
2. MARINADE: Strip thyme leaves from stems, reserve stems. In a processor, process thyme, red pepper, zest & salt & pepper. Add garlic while machine is running. Stop machine & add lemon juice Turn on & add vegetable broth in a slow stream. Process 1 minute. Pour over vegetables & allow to marinate for 15 minutes.
3. Preapre grill & cover to build intense heat. Skewer vegetables. Toss sthyme stems onto the heat shield or coals. Place brochettes onto hot grill, cover & allw to smoke for 5 minutes. Remove cover, turn & cook for another 3 to 5 minutes.
4. Meanwhile, drain marinade into a small non-reactive pot. Add tomato sauce & heat through. When skewers are almost done, cook pasta. Drain & return to pot. Pour sauce over pasta & toss to coat. Serve with grilled vegetables.
5. VARIATION: Use sourdough bread brushed with the marinade & lightly grilled instead of the pasta.
6. PER SERVING: 314 Cal.; 14g Prot.; 3g Fat; 58g Carb.; 0 Chol.; 240mg Sod.; 8g Fiber.

Servings: 6

Italian Meat Pasta Sauce

1	cup	Onion; chopped
1	lb	Ground beef; lean
2		Garlic cloves; minced
2		cn Tomatoes (1 lb-12 oz. ea.)
1		cn Tomato paste (4 oz)
6	oz	-water (optional)
2		Stalks celery with tops chopped
2	tsp	Salt
1/2	tsp	MSG (optional)
3	tsp	Oregano; crushed

Procedure

1 Put all ingredients in crockpot and stir thoroughly. Cover and cook on LOW for 10 to 18 hours. Serve over spaghetti. Sprinkle with parmesan cheese if desired. Garnish with chopped parsley.

Servings: 6

Lemon Tuna Pasta

4	tsp	Butter	18		Black olives,pitted & sliced
1	tsp	Oil; olive	2		cn Tuna; chunk,drained
4		lg Garlic cloves, chopped			Pasta; penne , cooked anddr
1/8	cup	Lemon juice	4	tsp	Butter (add at end)
3	tsp	Capers, drained			

Procedure

1 Melt butter with oil in skillet. Add garlic and cook 2 minutes. Add lemon juice, capers and olives and cook another 2 minutes. Turn heat to lowest setting. Add tuna & separate it (do NOT flake) with a fork. Heat through, stirring gently. Drain pasta. Add remainder of butter and sauce to hot pasta, tossing well.

Servings: 4

Lone Star Steak and Pasta

One of the National Pasta Association's Top 10 Favorites from the "Great States of Pasta" Recipe Contest Winners!

1	lb	Rotini or other medium pasta shape
1 1/4	lbs	boneless beef top sirloin steak, 1" thick
1	Tbs	olive oil
1/4	cup	fresh lime juice
1 10	oz	can diced tomatoes with green chilies, undrained
1 16	oz	can black beans, rinsed and drained
1	cup	green pepper, chopped
1	cup	frozen corn, thawed and drained
1/4	cup	green onion, sliced
1/2	cup	loosely packed cilantro leaves
2	tsp	garlic, minced
1/2	tsp	ground cumin
1	tsp	salt

Procedure

1. Cook pasta according to package directions.
2. While pasta is cooking, trim fat from steak and cut lengthwise in half and then crosswise into 1/8" thick strips.
3. Heat oil in large nonstick skillet over medium-high heat. Add steak, half at a time and cook 1-2 minutes or until outside surface is no longer pink. Remove steak and set aside.
4. In same skillet, add lime juice, tomatoes and chilies, black beans, green pepper, corn, onion, cilantro, garlic, cumin, and salt. Cook and stir until hot. Add cooked meat and cook until heated through.
5. Serve with steak and vegetable mixture over pasta.

Servings: 6

Recipe Type

Main Dish, Pasta

Mamma's Pasta e Fagioli

16	oz	Can of cannellini beans
8	oz	Can of tomato sauce
1	cup	Water
2		Cloves of garlic, minced
2	Tbs	Olive oil
1/2	lb	Elbow or ditalini macaroni, Cooked al dente
		Fresh parsley, chopped
		Grated cheese

Procedure

1. Fry the garlic in oil gently until golden brown. Add the tomato sauce & water and cook for 10 minutes. Add the beans, stir gently. Drain and add the pasta to the bean mixture. Stir gently. If it gets too thick, add a little water. Add the parsley and serve immediately or the pasta will absorb all the liquid. Sprinkle with cheese and serve with Italian bread

Servings: 4

Mandarin-Style Pasta

1/2	cup	Hoisin sauce
3	Tbs	Low-salt soy sauce
3/4	cup	-ketchup
1/4	cup	Dry sherry
		Garlic clove, crushed
2	tsp	Sesame oil
1/3	cup	Green onion, sliced
1/8	tsp	-pepper
1 1/2	lb	Turkey breast slices, uncooked, cut into 1/4" X 1/2" X 1" strips
12	oz	Angel hair or fettucine pasta
		Sesame seeds, toasted

Procedure

1 In large bowl, combine hoisin sauce, soy sauce, ketchup, sherry, garlic, seasame oil, green onion and pepper. Stir in turkey strips. Pour into crockpot. Cover; cook on LOW 4 1/2 to 5 hours or until turkey is tender. Spoon over cooked pasta; toss. Sprinkle with sesame seeds. 1 serving contains: Cal 464; Prot 38g; Carb 60g; Fat g; Chol 66mg; sodium 1061mg.

Servings: 6

Manestra (Pasta)

6	cup	Lamb (or chicken) broth	16	oz	Tomato bits
16	oz	Manestra or rice	1/2	cup	Romano cheese; grated

Procedure

1 Combine lamb broth, manestra, and tomato bits; cook over medium heat for 20 minutes. Sprinkle with cheese, and serve.

Servings: 10

Market Pasta Salad

		SALAD
8	oz	Shell macaroni, medium size uncooked
2	cup	Broccoli flowerets
1/2	cup	Onion, chopped (1 med.)
2	cup	Zucchini OR Yellow squash sliced 1/4 inch thick
1		Red pepper (med.) cut into strips
1	cup	Cheddar cheese (4 ounces) cut into 1/2 inch cubes

Procedure

1. ---DRESSING--- /2 c Vegetable oil /2 ts Salt /4 ts Pepper tb Lemon juice tb Dijon mustard ts Worcestershire sauce /2 ts Garlic, fresh, finely - chopped tb Parmesan cheese, freshly - grated
2. Cook macaroni according to package directions; drain. In a large bowl stir together all salad ingredients except cheese; stir in hot macaroni. Refrigerate 10 minutes. Stir in cheese. Meanwhile, in a medium bowl stir together all dressing ingredients except parmesan cheese. Pour dressing over salad, toss to coat. Sprinkle with parmesan cheese. Yield: 6 servings.
3. NUTRITION INFORMATION (1 Serving): Calories - 410 Protein - 12g Carbohydrate - 33g Fat - 26g Cholesterol - 22mg Sodium - 418mg

Servings: 6

Mexicali Pasta Salad

8	oz	Tri-color Pasta Spirals; *	1	Tbs	Cilantro; Fresh, Snipped
6		Tomatillos; Sm., **	2	Tbs	Vegetable Oil
1/2		Jalapeno Chile;	1/2	tsp	Lime Peel; Grated
20	oz	Pineapple Chunks;	1/4	tsp	Salt

Procedure

1 3 Cups of uncooked pasta should be used. ** Each tomatillo should be cut into 8 wedges. *** The jalapeno should be seeded and finely chopped. The pineapple chunks should be the ones canned in their own juice. Cook the pasta as directed on the package and drain. Rinse with cold water and drain again. Mix the pasta, tomatillos, chile and pineapple. Mix the reserved juice and the remaining ingredients. Pour over the pasta mixture and toss. Cover and refrigerate until chilled, at least 2 hours.

Servings: 6

Mexican Pasta Pie

1/2		Onion, finely chopped
1 28	oz	Can tomatoes w/juice,
		- coarsely chopped
1		pk (1.25 oz) Taco seasoning mix
1 16	oz	Can black beans, rinsed and
		- drained
4	cup	Cooked ziti or penne pasta
		- (1 3/4 cup dried pasta)
2	Tbs	Olive oil
1	cup	Part-skim ricotta cheese
2		(8-ounce) Chicken=boneless,
		- skinless breast halves
		- cut in 1/2" pieces
1	cup	Shredded Cheddar or
		- Mexi-blend cheese

Procedure

1. (Leave out the chicken to convert to a vegetarian meal.)
2. Heat oven to 425 degrees. Grease a 7- x 11-inch baking dish.
3. In a medium nonreactive bowl, mix onions, tomatoes, taco mix and black beans. Toss pasta with olive oil.
4. Spread 1 cup tomato mixture on bottom of baking dish. Add cooked pasta. Dot with ricotta and then spread with a knife. Stir chicken pieces into remaining tomato mixture and spoon over ricotta. Sprinkle with shredded cheese. Bake 25 to 30 minutes. Serve immediately.

Servings: 6

Recipe Type

Pies

One Pot Tuna Pasta

8	oz	Elbow Macaroni, Medium Shells or other medium pasta shape, uncooked
2 1/2	cups	water
2		chicken bouillon cubes
1/8	tsp	black pepper
1	tsp	fresh basil leaves
1		4-oz. jar pimento
1		9-oz. package frozen cut green beans
1	cup	skim milk
4	oz	low-fat Cheddar cheese, grated
1		6 1/8-oz. can white albacore tuna packed in water, drained
1/4	cup	chopped fresh parsley

Procedure

1. Bring water, bouillon cubes, pepper and basil leaves to a boil in a 4-quart pot. Gradually add pasta so that water continues to boil. Cover and simmer for 7 minutes, stirring occasionally.
2. Meanwhile, dice pimento. Stir diced pimento, green beans and milk into pot; cover and simmer 6 to 8 minutes or until pasta and beans are tender. Stir in cheese, tuna and parsley until cheese is melted.
3. Serve immediately.

Servings: 4

Recipe Type

Main Dish, Pasta

Pasta

3/4	lb	Rotini pasta	1		Yellow pepper, sweet
6		Green onions; sliced -OR-	10		Black olives; sliced
1/2		-Red onion; thin sliced	1/4	cup	Lemon juice; or vinegar
1		Red pepper, sweet	1/4	cup	Olive oil
1		Green pepper, sweet			

Procedure

1 In a large pot of boiling, salted water cook pasta til just tender. drain. Toss with onions, peppers, olives, lemon juice or vinegar, oil and salt and pepper to taste. SERVES: 5-6

Servings: 6

Pasta - Basic Recipe for Homemade

2 1/2	cup	Flour;unbleached; up to 3 cups	4	Eggs;slightly beaten

Procedure

1. Ricetta Base Per Pasta in Casa (Basic Recipe for Homemade Pasta)
2. HAND ROLLED: Mound part of the flour in a large board or other working surface and make a well at center. Pour in eggs. With the aid of a fork, mix eggs and flour very gradually until a soft paste forms. With your finger mix in enough flour to make a firm but not too hard, dough. Knead for about 5 minutes, till dough is smooth. Place in an unfloured dish; cover with an inverted dish and let it rest in the refrigerator for about 1/2 hour. Take half of the dough, knead it lightly, and shape into a ball. Place on a well floured board. With the palms of your hands, flatten the ball, keeping the round shape, and sprinkle with flour. With the rolling pin, begin to thin the disk out in all directions, trying not to lose the round shape. Continue to sprinkle with flour as it becomes necessary, so that the dough does not stick to the pin. As soon as the disk of dough is thin enough to be rolled AROUND the rolling pin do so.* Starting from the end farthest from you, begin to roll the dough toward you, using small, even strokes back and forth, at the same time you swiftly slide your hands inward to the centre and outward to the edges of the pin. When the sheet is all rolled around the pin, PUSH the pin away from you at arm's length; then vigorously ROLL it back towards you, so that one side of the sheet flaps several times over the board. Turn the pin 90 degrees and unroll the sheet from it. Repeat from * as many times as needed for the desired thinness. Repeat with the other half of the dough and use as directed in each individual recipe. SERVES: 6 to 16, depending on the different uses made of it
3. WITH A HAND OPERATED MACHINE: Make a dough, using the method described above or by mixing eggs and flour in bowl. Knead over a well-floured board, mixing until they have a very firm dough. There is no need to make it smooth because the machine will take care of that. Place in an unfloured dish; cover with an inverted dish and let it rest in the refrigerator for about 1/2 hour. Take 1/4th of the dough at a time and begin the thinning. With the rollers set at the first slot (farthest apart), feed the dough between the rollers while turning the crank. If some of the dough sticks to the rollers or to the machine, that means the dough is too soft and more flour must be added. Fold and feed with the rollers set at the same slot 3 or 4 times, until the sheet comes out in one piece (but not too smooth). Move on to the second slot and feed the sheet only once. Keeping on moving till the desired thinness is achieved. For lasagna or fettucini you stop at the next to last slot. For

taglierini or calzonicchi, go through the last slot once, wait a few seconds, then feed the sheet into the last slot again. (Pasta made with only eggs and flour tends to be very elastic and it tends to shrink. However, the second time through it keeps the shape better.) Repeat with the remaining pasta, using 1/4th of the original quantity each time. Use as directed in the individual recipe.

4 *for electric pasta makers, follow the manufacturer's directions, but most machines will not provide sheet pasta for lasagna, ravoli, etc.

5 SERVES: 6 to 16, depending on the different uses made of it.

Servings: 1

Pasta & Bean Soup

1/2	cup	Elbow macaroni,shells, etc	15	oz	Can Chick Peas, drained *
2	Tbs	Safflower oil	16	oz	Can Kidney beans, drained *
		Med Onion, chopped			
		Clove Garlic, minced	3/4	tsp	Black pepper
1/2		x Green Bell Pepper, chopped	1/2	tsp	Summer savory
			1/2	tsp	Thyme leaves
3	cup	Vegetable stock or water	1	dash	Cayenne Pepper
6	oz	Can Tomato Paste (2/3 cup)			

Procedure

1 * rinsed well, then drained GARNISH: grated Parmesan cheese, optional Cook pasta in boiling water for about 6 minutes, until al dente. While pasta is cooking, in Dutch oven or 4-5 qt saucepan, heat oil. Stir in onion, garlic, and green pepper. Saute till tender. Stir in remaining ingredients except macaroni. Cover and cook for 10 minutes. When pasta is done, drain well. Stir into other ingredients. Heat. Garnish if desired. Variations: - substitute or add other vegetables such as chopped sweet red shredded carrot to sauteed veggies; substitute 1 t basil and 1 t oregano for savory, thyme, and cayenne pepper.

Servings: 5

Pasta & Strawberries Romanoff

16	oz	Ronzoni pasta *
2	tsp	Walnut oil may substitute vegetable oil
2	pint	Fresh strawberries; sliced divided
2/3	cup	Toasted coconut **
1	cup	Heavy cream
4	Tbs	Confectioners sugar
4	tsp	Kirsh (cherry brandy); opt
1	tsp	Vanilla extract
1	cup	Walnut pieces; toasted**
		Salad greens

Procedure

1 * Use a tubular-type pasta such as mostaccioli or similar

2 Cook pasta according to package directions; drain. Rinse with cold water to cool quickly; drain well. In a large bowl, toss cooled pasta with oil; gently blend in 1-1/2 c strawberries and coconut. Set aside. In food processor or blender, process remaining strawberries and rest of ingredients except greens and walnuts until strawberries are pureed and mixture is slightly thickened. Serve pasta on greens. Spoon dressing over top; sprinkle with toasted walnuts.

3 ~ from Ronzoni Pasta Passion booklet ** TO TOAST WALNUTS/COCONUT: Conventional: Heat oven to 350 deg. F. Spread ingredients in a shallow baking dish; bake 8-10 minutes, stirring occasionally, until golden brown. Microwave: Spread walnuts and coconut on glass plate. Microwave on high 5-8 minutes or until lightly browned, stiring after each minute.

Servings: 6

Pasta Al Forno

1		quantity tomato chipotle sauce
1		round mozzarella cheese, (c 100 g/4 oz.)
4	oz	Parmesan freshly grated
1		bunch fresh basil, chopped roughly
8	oz	dried pasta such as penne rigate or similar pasta

Procedure

1. Preheat oven to 400F. Cook pasta in boiling water until slightly before al dente (it will cook further in the oven). Drain pasta and set aside.
2. Chop mozzarella finely and add to tomato sauce with 3/4 of grated parmesan and 3/4 of basil. Stir, cover and simmer for a few minutes more until cheese melts.
3. Mix pasta thoroughly with sauce, turn into oiled gratin or lasagna dish. Scatter remaining basil and parmesan over top. Bake in top part of oven for 15-20 minutes until browned on top. Serve with green salad and a good Chianti (e.g. Antinori) or Rosso di Montalcino (Il Poggione or Col D'Orcia).
4. Carnivores can also add sliced Italian pizza or luganega sausage (1/4 inch thick sliced on bias) to this when the cheeses are put into the sauce, brown the luganega slices in a little oil first. Spanish chorizo also works well.

Servings: 1

Recipe Type

Bbq List, Sides

Pasta Al Pesto

8	oz	Pasta (preferably linguine)	3		x Sm Zucchini, thinly sliced
3		x Carrots, thinly sliced	1/4	lb	Peapods
2	Tbs	Safflower or Olive oil			

Procedure

1. ----PESTO---- c Fresh Basil Leaves /4 c Pine nuts (pignolli) x Cloves Garlic T Olive oil
2. PASTA GARNISH: freshly ground black pepper and Parmesan cheese, optional """""""""

Pasta Ala Oglio with Shrimp

1	Tbs	Light margarine	1	tsp	Dill
1	tsp	Preminced garlic or	1	tsp	Parsley
2 1/2		Cloves of minced garlic	1/2	tsp	Basil
1	cup	Cooked pasta of your choice			Salt and pepper to taste
					Parmesan cheese to taste
3	oz	Cooked shrimp			

Procedure

1. In a small saute pan, saute the margarine and garlic. Note: the author likes garlic, you may choose to add more or less as you prefer.
2. Once the garlic and margarine have reached a tender consistency, add the spices, and blend. Add the cooked shrimp, and saute until shrimp is warm.
3. Add cooked pasta to saute pan, toss gently but thoroughly, and transfer to warm plate. Add salt, pepper, and parmesan cheese to taste.
4. Linda Fields
5. Each serving contains: 3 protein exchanges, 2 bread exchanges, 1 1/2 fat exchange

Servings: 1

Pasta ala Puttanesca

1	lb	Spaghetti, linguini, or Other pasta of your choice	1/2	cup	Tiny black Nicoise olives
			1/4	cup	Drained capers
2		cn Peeled italian tomatoes	4		cl Garlic, peeled and minced
1/4	cup	Olive oil	8		Anchovie filets, chopped
1	tsp	Oregano	1/2	cup	Chopped parsley
1/8	tsp	Dried red pepper flakes	2	Tbs	Salt

Procedure

1. Bring 4 quarts water to a boil; add salt and stir in spaghetti. Cook until tender but still firm. Drain, and transfer to heated plates.
2. While spaghetti is cooking, drain the tomatoes, cut them cross- wise into halves, and squeeze out as much liquid as possible. Combine tomatoes and olive oil in a skillet and bring to a boil. Keep the sauce at a full boil and add remaining ingredients except pasta, one at a time, stirring frequently.
3. Reduce heat and continue to cook for a few minutes, or until sauce has thickened to your liking. Serve immediately over hot pasta and garnish with additional parsley.
4.

Servings: 4

Pasta and Bean Soup

1/2	cup	Elbow macaroni,shells, etc
2	Tbs	Safflower oil
1		x Med onion, chopped
1		x Clove garlic, minced
1/2		x Green bell pepper, chopped
3	cup	Vegetable stock or water
6	oz	Can tomato paste (2/3 cup)
15	oz	Can chick peas, drained *
16	oz	Can kidney beans, drained *
3/4	tsp	Black pepper
1/2	tsp	Summer savory
1/2	tsp	Thyme leaves
1	dash	Cayenne pepper

Procedure

1 * rinsed well, then drained GARNISH: grated Parmesan cheese, optional Cook pasta in boiling water for about 6 minutes, until al dente. While pasta is cooking, in Dutch oven or 4-5 qt saucepan, heat oil. Stir in onion, garlic, and green pepper. Saute till tender. Stir in remaining ingredients except macaroni. Cover and cook for 10 minutes. When pasta is done, drain well. Stir into other ingredients. Heat. Garnish if desired. Variations: - substitute or add other vegetables such as chopped sweet red shredded carrot to sauteed veggies; substitute 1 t basil and 1 t oregano for savory, thyme, and cayenne pepper.

Servings: 5

Pasta and Smoked Salmon Salad

3/4	lb	Smoked salmon cut in strips
2	quart	Water
3/4	lb	Linguini or spaghetti; dry
2	Tbs	White vinegar
1/2	cup	Onion; finely chopped
1	cup	Whipping cream
3/4	cup	Dry white wine
1	Tbs	Dijon mustard
1/4	cup	Grated parmesan
1/2	cup	Fresh parsley spriggs

Procedure

1. Bring water to boil, cook pasta until tender; drain.
2. As pasta cooks, boil venegar with onion in a frying pan over high heat until vinegar evaporates, about 2 minutes. Add cream, wine and mustard. Boil, uncovered, stirring often, until sauce is reduced to -3/4 cups. Add hot drained pasta; lift with forks to coat with sauce.
3. Divide pasta and sauce evenly amoung 4 dinner plates; sprinkle each with 1 tb parmesan. Arrange salmon beside each serving of pasta, garnish with parsley. Season with salt and pepper.

Servings: 4

Pasta Carbonara

1	lb	Thick-sliced bacon, diced	1/3	cup	Chopped Italian parsley
2	Tbs	Salt			Grated Parmesan cheese
1	lb	Linguini			Fresh ground pepper to taste
3		Eggs			

Procedure

1. Saute the bacon in a small skillet until crisp. Remove with a slotted spoon and drain well on a paper towel.
2. Boil the water and cook linguini until firm and tender.
3. Meanwhile, beat the eggs thoroughly in a large bowl suitable for serving. Have the cooked bacon and the chopped parsley ready at hand.
4. When the pasta is done, drain it immediately in a colander, and pour into the bowl of eggs and immediately begin tossing it. As the strands of pasta become coated with the beaten eggs, their heat will cook the eggs.
5. Sprinkle the bacon and parsley on, and serve immediately. This is great with lots of freshly grated Parmesan cheese and freshly ground black pepper.
6.

Servings: 4

Pasta Chowder

2	cups	Small Shells, Ditalini or Stars, uncooked
3	Tbs	margarine
1		small onion, chopped
1		clove garlic, minced
4	cups	milk
2	Tbs	chopped fresh parsley
1 1/2	cups	shredded Cheddar cheese
2		6 1/2-oz. cans minced clams, undrained
		Salt to taste
		Pepper to taste

Procedure

1. Prepare pasta according to package directions; drain.
2. In large saucepan or Dutch oven, melt margarine. Add onion and garlic. Cook until tender.
3. Stir in remaining ingredients, except pasta. Cook over medium heat, stirring constantly, until soup is hot and cheese melts. Do not boil. Stir in pasta. Heat through.

Servings: 6

Recipe Type

Pasta, Soup

Pasta Di Pina

3	Tbs	Olive Oil
4		Med. Cloves Garlic *
2	Tbs	Fresh Bread Crumbs
1/8	tsp	Pepper
1		Env. Golden Onion Soup Mix
3 1/2	cup	Water
6	oz	Uncooked Fine Egg Noodles
2	Tbs	Finely Chopped Parsley
1		x Grated Parmesan Cheese

Procedure

1 * Garlic cloves should be finely chopped. In medium skillet, heat oil and cook garlic with bread crumbs over medium heat, stirring constantly, until garlic and bread crumbs are golden. Stir in pepper; set aside. In large saucepan, thoroughly blend golden onion recipe soup mix with water. Bring to a boil, then stir in uncooked noodles. Simmer uncovered stirring frequently, 7 minutes or until noodles are tender. (DO NOT DRAIN!) remove from heat, then toss with bread crumb mixture and parsley. Sprinkle with cheese and serve. Makes about 4 appetizer or 2 main-dish servings.

Servings: 4

Pasta E Fagiole Soup for Crockpot

	Olive oil	1 cup	Elbow macaroni; cooked
1	lg Omion; chopped	1	lg Can tomatoes
1	cn White kidney beans; drained		Grated cheese; to taste
5	Garlic cloves; chopped		Chopped parsley; to taste
2	cn Chicken broth		Salt and pepper; to taste

Procedure

1 Saute the onion and garlic in olive oil for a few minutes. Chop up or lightly process the tomatoes and place into a crockpot along with the broth and sauteed onion and garlic. Add the parsley and a little salt and pepper, cook for about 3 hours on LOW. Then and only then add the cooked macaroni and beans. Serve with a bit of grated cheese if desired. NOTE: If fresh garden tomatoes are available, remove skins of 6 or 7 and use them instead of canned tomatoes. Oh Mama Mia!

Servings: 4

Pasta E Fagioli

		BATTUTO==	4		Peeled plum tomatoes
2		Slices lean salt pork	2	quart	Hot water
1		sm Onion	2	tsp	Salt
1		md Garlic clove	2	cup	Cooked shell beans
1		Celery stalk	2	cup	Small pasta
3	Tbs	Olive oil	4	Tbs	Grated Romano or Parmesan
		SOUP==			

Procedure

1 Put the slices of salt pork on a chopping board. Top them with the onion, garlic and celery and chop, then mince until the pile has turned to a paste. Put the battuto in a big soup pot with the olive oil over medium heat. Saute until golden, then add the tomatoes and cook again for about 3 minutes, or until the tomatoes have blended a bit and softened. Add the hot water, salt and beans, and bring to a good boil. Once the beans are heated through, crush a few beans against the side of the pot, add the pasta and continue cooking until it is well done. By this time the soup is really so thick you may want to add a little more water. Taste for salt, and add some if necessary. Serve with a sprinkling of the cheese.

Servings: 6

Pasta Flora, Athens Style

1/2	lb	Sweet butter	4		Dried figs
1/2	cup	Granulated sugar	1/3	cup	Raisins
2		Eggs	1		Orange (grated rind only)
6	Tbs	Cognac	1	cup	Apricot jam
2	cup	All-purpose flour (or more)	1	Tbs	Lemon juice (optional)
1/4	tsp	Salt	2	tsp	Cornstarch
1/2	tsp	Baking powder	1/3	cup	Orange juice
2	cup	Stewed apricots			

Procedure

1. Using an electric mixer, beat the butter until light and fluffy and gradually add the sugar, 1 egg and an egg yolk, and 3 tablespoons of the Cognac, beating thoroughly after each addition. Sift 2 cups of the flour with the salt and baking powder and add slowly to the batter, while beating on medium speed. Remove the beaters and finish by hand, adding only enough flour to make a soft dough. Knead. Cover and refrigerate for at least 30 minutes.
2. Meanwhile, slice the apricots into uniform pieces and place in an enameled pan. Soak the figs and raisins in the remaining Cognac until swollen, then mince and add to the apricots along with the orange rind, jam, and lemon juice and stir into the apricot mixture, then cook over medium heat until thick, stirring constantly with a wooden spoon. Cool.
3. Remove the dough from the refrigerator and set aside about one-third for the latticed top. Using your fingers (the dough will be too soft to roll), press the larger portion of dough into a buttered 9 x x 2-inch baking pan, pressing evenly about 1/4-inch up the sides. Pour the filling into the dough-lined pan.
4. Divide the remaining dough into walnut-sized balls and roll each ball into 1/2-inch strips. Using the strips, make a lattice over the top of the pastry. If using a glaze, beat the remaining egg white slightly with a fork and brush on the dough stips. Bake in a moderate oven (350 F) for 45 minutes, or until golden in color. Remove and cool in the pan on a rack.
5. To serve, cut into 1-1/2-inch (or smaller) squares with a sharp knife.
6. Note: You may prefer to use peaches and peach jam, strawberries and strawberry jam, and so on, instead of apricots; also diced candied peel adds a colorful note when substituting for figs; and slivered almonds may be added to the filling.

Servings: 36

Pasta Green Salad

		FOR THE SALAD
3	cup	Cooked and cooled rotini
2	cup	Shredded Swiss cheese
1		package 10 oz frozen cut green beans
		.thawed and drained
1		package 10 oz frozen green peas,
		.thawed and drained
1	cup	Green pepper strips cut in
		.half
1/2	cup	Sliced scallions
1	cup	Chopped cucumber

Procedure

1. --FOR THE DRESSING-- /3 c Mayonnaise /3 c Plain yogurt tb Grated parmesan cheese tb Lemon juice /2 ts Dried dill ts Sugar /4 ts Salt /4 ts Pepper
2. In a small bowl, combine all the dressing ingredients. Mix until well-blended; set aside. If not serving immediately, cover and chill until ready to use.
3. Place the cooled rotini in a large bowl and toss with the remaining ingredients, except the dressing. Cover and chill until ready to use. Just before serving, mix the dressing again and toss into the salad.
4.
5. Note: This is a really simple throw-together dressing that works well with other seasonings, fresh herbs, lime juice instead of lemon, and even lowfat mayonnaise and yogurt, too. You can enjoy this creamy dressing as above for a hearty summer meal, or simply serve it as a smooth dressing for your tossed green salad.

Servings: 6

Pasta in Cream Sauce w/Poultry Magic

1/3	lb	Spaghetti or rotini	2	tsp	Poultry Magic or Piz & past.
6	Tbs	Margarine or unsalted butter	2	cup	Half & Half or heavy cream
1/4	cup	Finely chopped green onions			

Procedure

1 Cook the spaghetti accordint to package just to al dente stage; immediately drain and rinse with hot watedr to wash off starch, then with cold water to stop the cooking process; drain again. (To prevent the pasta from sticking together, pour a very small amount of oil in the palm of your hand and rub through the pasta after rinsing.) In a large skillet melt the margarine over medium heat. Add the Magic Seasoning blend and saute about 1 minute to bring out the flavors, stirring occasionally; add the green onions and saute 1 to 2 minutes, continuing to stir. Gradually add the cream, either stirring or shaking the pan in a back and forth motion until the mixture reaches a boil. Simmer over medium heat until the sauce thickens somewhat, continuint to shake the pan, about 2 to 3 minutes. Add the ooked spaghetti; toss and stir until spaghetti is heated through, about 2 minutes. Pasta should swim in the sauce. Serve immediately and enjoy!

Servings: 4

Pasta Marco Polo

	PASTA & CHICKEN	
	Nonstick cooking spray	
2	Tbs	Sesame oil
1/2	lb	Chicken breast, sliced
4		Scallions, sliced
12	oz	Spicy Sesame Linguine

Procedure

1 ----SAUCE---- /2 c Chicken broth tb Soy sauce tb Sherry tb Sugar tb Cornstarch /2 tb Chili sauce /2 ts Garlic powder tb Hoisin sauce tb Minced ginger /2 ts Salt

2 Combine sauce ingredients. Spray skillet with nonstick cooking spray. Add oil & heat. Stir fry chicken until it begins to lose raw color. Add scallions. Add sauce. Add cooked pasta and stir until blended.

Servings: 6

Pasta Primavera

1/4	cup	Water
2	cup	Sliced fresh Mushrooms
9	oz	Pk French-style Green Beans
1/2	cup	Coarsely chopped Green Peppe
1		x Clove garlic
12	oz	Can Evaporated Skim Milk
4	tsp	Cornstarch
1/2	cup	Shredded Provolone *
5	oz	Macaroni or fettucine
1		x Med Tomato, cut in wedges

Procedure

1 * or Mozzarella cheese (2 oz) Cook pasta according to package directions; drain well. Meanwhile, for sauce, in a med saucepan combine water, mushrooms, frozen green beans, green or red pepper, garlic, 1/4 t salt, and 1/4 t pepper. Bring to boiling; reduce heat. Cover and simmer 4 minutes or till veggies are tender. Do not drain. Stir together milk and cornstarch; stir into vegetable mixture. Cook and stir over med heat till thickened and bubbly. Cook and stir for 1 minute more. Stir in cheese till melted. To serve, pour the sauce over pasta. Garnish with tomato wedges. Per serving: 297 calories, 17 g protein, 48 g carbohydrates, 5 g fat, mg cholesterol, 375 cholesterol, 375 mg sodium, 686 mg potassium.

Servings: 4

Pasta Primavera Special

1/2	cup	Salted butter	2/3	cup	(tl)carrots, zucchini, broc.
3	cup	35% cream	1		Enough fettuccine for 4
2	tsp	Fresh black pepper	2		Egg yolks
1/2	cup	Tomato sauce	2	Tbs	Cream

Procedure

1 Melt the butter in a large sauce pan. Add the cream and the pepper. Bring to a simmer. Add the tomato sauce and the precooked vegetables. Stir in the cooked pasta. Remember to cook it al dente still slightly firm to the bite. Whip the egg yolks with a fork and mix them into the cream. Whisk the mixture into the cream sauce and pasta. This will serve as a thickner. Make sure the pasta is completely coated with the sauce and serve with some parmesan cheese.

Servings: 4

Pasta Salad

2/3	cup	Rotini noodles	2	Tbs	Mayonnaise
1/2	cup	Frozen mixed vegetables	1	Tbs	Chopped basil or parsley
1/4	cup	Grated mozzarella cheese	1/2	tsp	Dried oregano

Procedure

1 Cook pasta in a pot of boiling salted water until tender. Drain and rinse with cold water. Drain well. Add vegetables and cheese. Stir in mayonnaise, basil or parsley and oregano.

Servings: 2

Pasta Salad Dijonnaise

1		package Interesting pasta cooked
2/3	cup	Italian salad dressing
1	Tbs	Dijonnaise mustard
1/4	cup	Chopped onion
1/4	cup	Chopped celery
1		sm Carrot, diced
		Salt and pepper to taste

Procedure

1 Cook the pasta as directed. Mix all ingredients together, season with salt and pepper, add a little parsley and basil to taste, and chill for at least one hour.

Servings: 8

Pasta salad with avocado

1/2		x Avocado	1		cn Water-packed albacore tuna,
2		x Tomatoes, diced 3/4 inch			Drained
2	cup	Shell macaroni, cooked	3	Tbs	Bottled vinegar based dress.
1/4	cup	Red onion, sliced			

Procedure

1 Cut avocado half into large 3/4 inch dices. Combine all ingredients and gently toss together.

Servings: 2

Pasta Salad with Chicken and Artichokes

1	lb	Pasta shells	1	tsp	Dried parsley
2	Tbs	Oil	3	cup	Diced cooked chicken
1 1/2	cup	Mayonnaise	6	oz	Jar artichokes chopped and
3	Tbs	Lemon juice	1		Dash of tabasco
3	Tbs	Chopped parsley	1		Toasted almonds

Procedure

1 Cook pasta in large pot of boiling, salted water until tender, but firm, 8 to 12 minutes, stirring often. Drain well and rinse with cold water. Shake out excess water and toss pasta with oil. Combine mayonnaise, lemon juice, parsley and basil. Place pasta in large bowl. Add mayonnaise mixture, chicken, artichokes and tabasco. Toss well. Garnish with almonds. For a decorative presentation, serve in avacado halves, in tomato cups or on lettuce leaves. Yields 6-8 servings.

Servings: 6

Pasta Shells with Lemon Vinaigrette

12 x Jumbo Pasta Shells

Procedure

1. ---FILLING--- /2 c Ricotta cheese, part skim T Chopped fresh chives * /4 t Black Pepper T Grated Lemon Peel /2 c Very finely chopped Almonds
2. -LEMON VINAIGRETTE- /4 c Lemon juice T Olive oil t Dijon Mustard T Chopped fresh parsley T Basil x Clove garlic, finely minced
3. * or 1 T dried chives or 1 chopped scallion GARNISH: Sliced almonds, cherry tomatoes, lemon wedges, fresh basil leaves or fresh parley sprigs, or sauteed pine nuts, and Parmesan cheese, optional. Bring a large pot of water to a boil; cook pasta until al dente. While pasta is cooking, combine FILLING ingredients in a med bowl. Set aside. In a large bowl, combine VINAIGRETTE ingredients. Set aside. When pasta is done, drain well, rinse under cold water, and drain well again. Toss shells with dressing to coat. Stuff shells with filling mixture, allowing 1 heaping Tablespoon for each. Arrange on serving platter. Drizzle each with some of the remaining dressing. Top with garnish(es) and serve immediately or chill. VARIATIONS: - substitute 6 pieces of lasagna for pasta shells, spread each with filling, then roll up jelly-roll fashion - substitute 1/2 to 1 cup mashed tofu for part of ricotta cheese, or for all of ricotta if you're a real tofu fan - in place of Lemon Vinaigrette, use Herbed Tomato Sauce

Servings: 4

Pasta Stew with Rosemary Pork

8	oz	Ditalini, Orzo or Alphabets, uncooked
1	tsp	vegetable oil
1	lb	lean, boneless pork loin, cut into 3/4-inch cubes
1/8	tsp	ground red pepper
1/8	tsp	black pepper
1	cup	chopped onion
1/2	cup	chopped celery
3		13 1/4-oz. cans fat-free, low-sodium beef broth
1 1/2	Tbs	minced fresh rosemary or 1 1/2 tsp. dried rosemary
1/2	tsp	salt
2		medium sweet potatoes, peeled and cut into 1-inch cubes (about 3 cups)
2	cups	chopped fresh spinach
2	Tbs	lime juice

Procedure

1. Heat oil in a large Dutch oven or pot until hot. Add pork; cook until no longer pink, about 4 to 5 minutes. Drain well. Toss pork with red and black pepper in a bowl; set aside.
2. Add 1/4 cup beef broth to pot; add onion and celery, and cook until tender. Add pork, remaining beef broth, rosemary and salt. Bring to a boil. Add pasta and sweet potatoes and boil, stirring occasionally, for 10 to 15 minutes or until pasta is done. Stir in spinach and lime juice. (Stew will continue to absorb liquid.) Serve immediately.

Servings: 6

Recipe Type

Main Dish, Meat, Pasta

Pasta Vegetable Chowder

1	cup	Small Pasta Shape	1/2	tsp	Paprika
3	cup	Low-Fat Milk	1 1/2	Tbs	Cornstarch
10	oz	Box Frozen Mixed Vegetables, Thawed and drained or	6	oz	Can Clams, drained
					Salt
					Ground Pepper
1 1/2	cup	Chopped Fresh Vegetables			
1/2	tsp	Dried Thyme			

Procedure

1 Put pasta in a large pot of boiling water. Drain and rinse under cold water when done. Combine 2 1/2 cups milk, vegetables, thyme, paprika, and pasta in a 2 quart saucepan. Cook over medium heat until bubbles form around edge of milk. In another bowl, stir remaining 1/2 cup milk and cornstarch together to dissolve cornstarch. Stir this mixture into soup and heat to simmering. Add clams and simmer for about 3 minutes. Salt and pepper to taste.

2

Servings: 4

Pasta with (Turkey) Sausage and Pepper Meatballs

1	lb	Rigatoni, Ziti or other medium pasta shape, uncooked
		Meatballs:
8	oz	lean ground beef
8	oz	turkey sausage, casings removed
1/2	cup	minced onion (1 small)
1/2	cup	diced red bell pepper (1/2 medium)
2		large egg whites
1 1/2	cups	fresh bread crumbs (about 3 slices)
2	Tbs	minced fresh parsley
1	tsp	fennel seeds
1/2	tsp	salt
1/4	tsp	pepper
		Sauce
1	tsp	vegetable oil, divided

Procedure

1. Place all meatball ingredients in a medium bowl. Knead the mixture with your hands until it is smooth. To prevent sticking, dip your hands into cool water before forming each meatball. Form mixture into 30 1 1/2-inch balls.
2. Pour the tomato sauce into a large, heavy-bottom saucepan and bring it to a simmer over low heat. Warm 1/2 teaspoon vegetable oil in a large non-stick skillet. Add half the meatballs to the skillet and brown them on all sides. Spoon the meatballs into the tomato sauce. Add the remaining 1/2 teaspoon vegetable oil to the skillet and brown the rest of the meatballs, then add them to the sauce. Simmer, stirring, for 20 minutes.
3. While sauce is simmering, prepare pasta according to package directions; drain. Transfer to a large serving bowl. Remove bay leaves from sauce; pour sauce over pasta and serve.

Servings: 6

Recipe Type

Main Dish, Meat, Pasta

Pasta With Asparagus And Shrimp

1	cup	White wine	4	Tbs	Cooking oil; best olive oil
1	lb	Pasta; Linguini	1	cup	Heavy cream
1 1/2	lb	Fresh asparagus	4		Bacon strips cut into 2"
16		Jumbo shrimps with shells	2	Tbs	Fresh chives

Procedure

1 Cook bacon until half crispy. Set aside and drain the fat out of pan. Add cream and cook over meduim high heat until it's reduced by half. Add bacon. When done, set pan aside. In a frypan, use enough oil to cover the surface. Heat until a few drops start to spit. Add Shrimp and cook until shells turn pink and shrimp just begin to lose their transparency. Turn once and remove to plate to cool. peel off shrimp shells. Place shrimp back in pan, add the wine and cook on low heat; simmer. Simmer until there is just 1/4 cup of liquid remaining. Add the cream and set aside. peel asparagus and cut into 1/2 inch size pieces. Steam or blanch until tender. Drain and rince with very cold water and wrap in towel to dry. In a large pot bring water to boil and add pasta and a dash of salt and oil. cook until done or to your taste. drain and toss in a little butter. Reheat cream with shrimp. Add the asparagus. season to taste. Mix pasta and sauce together. Sprinkle with chives and serve with warm crusty bread.

Servings: 4

Pasta with Broccoli and Walnuts

1/4	cup	Vegetable oil	1/4	tsp	Crushed red pepper
6	cup	Broccoli florets	14	oz	Chicken broth
2	cup	Onions, sliced	1	lb	Thin spaghetti or vermicelli
2		Garlic cloves, minced	3/4	cup	Walnuts, roasted, chopped *
1/4	tsp	Salt	1/3	cup	Parmesan cheese

Procedure

1. In large skillet or wok, heat oil. Add broccoli, onion, garlic, salt and red pepper; cook, stirring constantly, 5 minutes or until vegetables are crisp-tender. Add broth; cook 3 minutes. Meanwhile, cook pasta according to package directions; drain. Toss hot pasta with broccoli mixture and walnuts. Toss with cheese.
2. * TO ROAST WALNUTS: Conventional: In 350 deg oven, spread walnuts in a shallow baking pan; bake 8-10 minutes, stirring occasionally, until golden. Microwave: Spread walnuts on glass plate. Microwave on 100% 5-8 minutes until golden, stirring after each minute.

Servings: 5

Pasta with Cherry Tomato Sauce

16	oz	Vegetable spiral pasta	1 1/2	cup	Halved cherry tomatoes
		Water for boiling	2	Tbs	Cornstarch
2	tsp	Balsamic vinegar	2	Tbs	Miso
1 1/4	cup	Thinly sliced onions	3	Tbs	Balsamic vinegar
1	Tbs	Garlic, minced	1/2	cup	Chopped fresh parsley
2	Tbs	Tomato paste			

Procedure

1. Cook pasta in a large pot of boiling water for 8 to 10 minutes. Drain & rinse with cold water. Set aside.
2. While pasta is cooking, heat 2 ts balsamic vinegar & 2 ts water in a large skillet & saute onions & garlic over medium heat. Stir frequently. Add tomato paste, dissolved in 1 cup water. Stir gently & add tomatoes. Cook, stirring occasionally till vegetable are very soft.
3. Dissolve cornstarch in 2 tb cold water & pour into blender. Add miso & cooked vegetables. Puree till smooth. Return puree to skillet. Add 3 tb balsamic vinegar & parsley & heat through. Toss pasta with sauce & serve hot.

Servings: 6

Pasta With Chicken And Almonds

1/2	lb	Carrot shell pasta OR Regular shell pasta
3	Tbs	Olive oil
1/4	lb	Chinese pea pods; trimmed
2	cup	Shredded cooked chicken chilled
1	cup	Diagonally sliced celery
2	Tbs	Balsamic vinegar
2		Garlic cloves; pressed
1/2	tsp	Sugar
		Salt, white pepper
1/2	cup	Slivered almonds; toasted
		Lettuce leaves (optional)

Procedure

1 Cook pasta in boiling salted water until al dente. Drain well. Toss with 1 tablespoon olive oil and chill, covered. Blanch peas in boiling salted water 1 minute, or just until bright green. Quickly drain and refresh in cold water. Drain. Combine pasta with chicken, peas and celery. Toss with remaining 2 tablespoons olive oil, vinegar, garlic and sugar and season to taste with salt and white pepper. Sprinkle with almonds. Serve on lettuce leaves, if desired.

Servings: 6

Pasta with Chines Tahini Sauce

8 oz Pasta * 1 cup Peas

Procedure

1 CHINESE TAHINI SAUCE T Tahini (sesame butter) T Rice Vinegar T Soy sauce T (pref. toasted) Sesame Oil t Chili Paste w/garlic (hot) t Minced Gingerroot T Vegetable stock or water ds Freshly ground black pepper

2 * preferably buckwheat noodles or Chinese wheat noodles GARNISHES: scallion curls, fresh corriander sprigs, toasted sesame seeds, or chopped dry-roasted unsalted peanuts, optional.

NOTE: Chinese wheat noodles are compacted into cubes. To cook, break the cubes and drop into boiling water. When water returns to a boil, cook for 3 minutes and drain. They may be served as is or patted dry and sauteed in oil until lightly browned. Bring a large pot of water to a boil, cook pasta until al dente. While pasta is cooking, steam peas. In a large bowl, combine remaining ingredients. When pasta is done, drain well. Toss dressing with pasta; add peas and toss again. Top with garnish. VARIATIONS: - saute 6 oz chopped spinach in 1 T safflower oil until limp; toss with noodles and sauce - add or substitute other veggies such as sauteed sliced mushrooms, blanched peapods, sweet red peppers, steamed broccoli, steamed sliced carrots, or scallions. If you add several, the amt of dressing may need to be increased. - chill or bring to room temp and serve as side dish or salad

Servings: 4

Pasta with Fresh Tomato and Cream Sauce

2	Tbs	Onion; minced	4		Tomatoes; chopped
1	pinch	Crushed Red Pepper	1/2	cup	Heavy Cream
1		Clove Garlic; minced	12	oz	Hot Pasta
2	Tbs	Olive Oil			

Procedure

1 Heat oil over moderate heat. Add onion, pepper and garlic; cook until just softened. Add tomatoes and cook until they begin to release their liquid. Add cream and simmer for 1 minute. Season to taste with salt and pepper and toss with pasta.

2

Servings: 4

Pasta With Garlic And Eggs

1/2	lb	Dry pasta	4		Cloves of garlic
2		Eggs, beaten	2	Tbs	Parmesan cheese
1/2	cup	Olive oil	1		Salt and pepper, taste

Procedure

1 Cook pasta. Heat the oil in small frying pan, add garlic. Saute for just a moment. Drain pasta, toss all ingredients together. Salt and pepper to taste.

Servings: 4

Pasta with Herbed Ricotta and Pine Nuts

8	oz	Pasta (preferably spinach)
2	Tbs	Softened margarine
1/2	cup	Pine nuts
1		x Sm Onion, chopped (1/4 cup)
3/4	cup	Ricotta cheese (part skim)
2	Tbs	Chopped fresh parsley
1	Tbs	Tarragon
1	Tbs	Lemon juice
1/2	tsp	Grated lemon rind
1/2	tsp	Pepper
1	dash	Ground pepper

Procedure

1 GARNISH: halved cherry tomatoes, parsley sprigs, sweet red pepper strips, steamed asparagus spears, or sauteed mushroom caps dusted with paprika. Boil a large pot of warer; cook pasta until al dente. While pasta is cooking, in a small skillet, melt margarine. Add pine nuts and onion, stirring occasionally over medium heat for about 5 minutes, until pine nuts are lightly browned and onion is softened. Set aside. In a small bowl, beat cheese with remaining ingredients. Stir in pine nuts and onion. When pasta is done, drain well; toss with sauce. Top with freshly ground pepper and garnishes. VARIATIONS: - substitute raw cashews for pine nuts - substitute basil for tarragon - add 1/2 c chopped, cooked spinach to ricotta-sauce mixture

Servings: 4

Pasta with Italian Sausage

1	lb	Italian Sausage, casings Removed
1	cup	Onion, chopped
1	cup	Green Pepper, chopped
2		Cloves Garlic, minced
1/4	cup	Fresh Basil, chopped, or
1	Tbs	Dried Basil
1/4	tsp	Fennel Seed, crushed
1	Tbs	Olive Oil
1	cup	Tomato-Based Pasta Sauce
1/2	cup	Red Zinfandel
12	oz	Pasta (your favourite)
1/4	cup	Italian Parsley, chopped
1	Tbs	Olive Oil
1/2	cup	Parmesean Cheese, grated

Procedure

1. Crumble sausage into a large skillet. Cook over medium heat, stirring often, until meat is well browned. Drain and set aside. In same skillet, cook onion, pepper, garlic, basil and fennel in 1 tb olive oil over medium heat, stirring often to scrape up browned bits from the bottom of pan. Cook until onion is translucent, about 5 minutes.
2. Add sausage, pasta sauce, and wine. Bring to a boil. Reduce heat and simmer 5 minutes. While sauce is cooking, in a large pot of boiling water cook pasta until al dente. Drain well.
3. On a large warm serving platter, combine parsley and 1 tb olive oil. Add pasta and toss to mix. Pour sauce over pasta. Sprinkle with Parmesean cheese.
4.

Servings: 4

Pasta with Lentils and Chard

12	oz	Swiss Chard
1	cup	Lentils, rinsed and Drained
1		md Onion, finely chopped
2		Cloves Garlic, minced or Pressed
1	tsp	Cumin Seeds, coarsely Crushed
1/2	tsp	Crushed Red Pepper Flakes
1/8	tsp	Coarse Ground Black Pepper
2	cup	Water
12	oz	Dry Linguine
		Salt
6	oz	Neufchatel Cheese, room Temperature
		Grated Parmesan Cheese , Optional

Procedure

1 Rinse and drain chard well. Trim off coarse stem ends; then cut stems crosswise into 1/4-inch-wide strips and set aside. Cover chard leaves and refrigerate. In a 3-quart or larger electric cooker, combine chard stems, lentils, onion, garlic, cumin seeds, red pepper flakes, and black pepper. Pour in water. Cover and cook at low setting until lentils are tender when mashed with a fork (6 to 7 hours). Cut chard leaves crosswise into 1/2-inch-wide strips; stir into cooker. Increase heat setting to high; cover and cook until chard is wilted and bright green (about 15 minutes more). Meanwhile, in a 5- to 6-quart pan, cook linguine in 3 quarts boiling water just until tender to bite (10 to 12 minutes); or cook according to package directions. Drain well; pour into a warm wide 4-quart bowl. Season lentil sauce to taste with salt. Add lentil sauce and Neufchatel cheese to linquine; mix lightly to coat well. Offer Parmesan cheese to add taste, if desired. Makes 6 servings.

Servings: 6

Pasta With Light Lemon And Wine Sauce

Procedure

1. /2 lb Your favorite shaped pasta tb Margarine /2 sm Onion, chopped tb All-purpose Flour c Dry White Wine c Unsalted Chicken Broth /2 ts Grated Lemon Zest tb Fresh Thyme, chopped, or - 1/2 ts. dried tb Fresh Dill, chopped, or - 1 ts. dried tb Dijon Mustard Salt, to taste
2. Prepare pasta according to package directions; drain.
3. Warm the margarine in a large saucepan over medium-low heat. Add the onion and saute until lightly brown and very soft. Add the flour and reduce heat to low. Stir until completely blended. Very gradually whisk in the white wine and chicken broth. Bring the sauce to a boil and then let simmer for 10 minutes. Stir in the lemon zest, thyme, dill and mustard and season to taste with salt.
4. Serve sauce over the warm pasta.
5. Calories per serving..... 302 Fat... 7.41 g Cholesterol..... 0 mg Sodium 417 mg
6.

Servings: 6

Pasta With Meat And Pepper Sauce

1		Onion
1		Green bell pepper
1		Clove garlic
1	lb	Ground beef
		Salt and pepper
1 1/2	cup	Tomato sauce
1	tsp	Dried oregano
1/2	tsp	Dried thyme
1/2	lb	Spaghetti
7	oz	Jar roasted red peppers
1/4	cup	Fresh parsley; chopped

Procedure

1. Work time : 30 minutes Total time minutes
2. Chop the onion and green pepper. Mince the garlic. In a large frying pan, cook the beef over medium high heat until browned. Reduce heat to low, add oneion, green pepper, garlic, salt and pepper to taste, and cook until vegetables are tender, about 10 minutes. Stir the tomato sauce, oregano and thyme into the meat mixture and cook until sauce has thickened, about 10 minutes. Meanwhile, cook the spaghetti in a large pot of boiling salted water until just done. Drain. Drain the jar of red peppers and cut them into long strips. Add to the sauce and cook until heated through. Taste for seasoning and add salt and pepper if needed. Pour sauce over spaghetti, and sprikle with parsley.
3. Per serving: calories 614, protien 28g, fat 32g, sodium 146mg, carbohydrates 54g, Chol. 96mg

Servings: 4

Pasta with Meatballs

2	cup	Peeled fresh plum tomatoes or canned Italian plum tomatoes.
4	Tbs	Butter
2		sm Onions, chopped fine
1		Clove garlic, chopped fine
4		sl Bacon, cooked and crumbled
		Salt and black pepper
1/2	cup	Marsala
1/2	tsp	Dried oregano
1/2	lb	Vermicelli
1	cup	Fresh grated Parmesan or Romano cheese

Procedure

1. --MEATBALLS-- /2 lb Ground chuck sl French bread, moistened -with 1/2 cup milk and -squeezed dry tb Minced parsley Eggs, lightly beaten /4 c Grated Parmesan cheese Salt and ground pepper tb Vegetable oil
2. Here's the recipe I made the other night with the nice pasta sauce. The meatballs were mediocre, mainly because I'd never made meatballs before that I can remember. The sauce, on the other hand, was very tasty. For the pasta I used rigatoni++the first type of pasta I made with the new machine.
3. Serves 4 to 6.
4. Put the tomatoes trough a food mill to puree pulp and remove seeds.
5. In a large skillet or medium saucepan, melt half the butter and cook the onions9on until soft. Add the garlic, tomato puree, and crumbled bacon. Then add salt and pepper to taste and boil this sauce hard for five minutes.
6. Add the marsala and oregano, and cook for another 5 minutes. Set aside.
7. Put all the meatball ingredients except the vegetable oil in a bowl, and mix with your hands. Shape the mixture into 12 balls, and in the skillet brown them on all sides in the vegetable oil. Do not overcook, they will cook further in the sauce. Add the meatballs to the tomato sauce and keep warm. (You can brown the meatballs ahead of time and add them to the sauce when you are ready.)
8. Cook the pasta until al dente, drain well and return to the pot in which it cooked. Add remaining butter and toss well. Add several large spoonfuls of the tomato sauce and toss well again. Transfer pasta to a large serving platter or bowl. Pour sauce and meatballs overall, serve and pass the cheese.
9. Wine: A chianti classico

Servings: 4

Pasta With Mushrooms

1		lg Shallot, minced
1	Tbs	Unsalted Butter
1 1/2	cup	Crimini Mushrooms, sliced
2	Tbs	Cognac or Brandy, warmed
1/2	cup	Beef Stock
1/2	tsp	Dried Sage
1	Tbs	Unsalted Butter
4	oz	Penne Pasta, cooked and Drained
		Salt and Pepper

Procedure

1. In a medium skillet, saute shallot in 1 tb butter over medium heat for 1 minute. Add mushrooms and cook 1 minute.
2. Pour warmed cognac into large ladle with long handle. With ladle resting in skillet, carefully ignite cognac with long match. Pour cognac into skillet. When flame subsides, add beef stock and sage.
3. Bring to a boil. Boil gently until reduced by half. Whish in remaining 1 tb butter. Toss pasta with sauce in skillet. Heat through. Season to taste with salt and pepper.
4.

Servings: 2

Pasta with Ricotta-Walnut Sauce

8 oz Pasta (preferably vermicelli

Procedure

1. RICOTTA-WALNUT SAUCE /2 c Ricotta cheese /2 c Plain Yogurt T Margarine, softened x Cloves Garlic, minced /2 c Chopped Walnuts (about 2 oz) /4 c Grated Parmesan cheese (1 oz /2 c Chopped fresh parsley T Chopped fresh Basil /2 t Black Pepper
2. GARNISH: cherry tomatoes or broccoli florets, more grated Parmesan cheese, and sprinkling of freshly ground black pepper, optional. Boil a large pot of water; cook pasta until al dente. While pasta is cooking, in bowl of food processor, place ricotta, yogurt, margarine, garlic, walnuts, and chhese; process till smooth. Stir in remaining ingredients. When pasta is done, drain well. Toss with sauce. Top with garnishes and serve immediately. VARIATIONS: - when sauce is tossed with pasta, add steamed vegetables such as peas, broccoli, cut green beans, and spinach - serve cold as pasta salad - for Fettucine Almost Alfredo, substitute 1/4 cup milk and /4 cup vegetable stock for the yogurt; omit garlic, walnuts parsley, and basil; garnish with almond slices, parsley sprigs, and cherry tomatoes or cut steamed asparagus

Servings: 4

Pasta With Roast Peppers And Broccoli

Procedure

1 lb Mostaccioli, Ziti, or other - pasta shape, uncooked tb Vegetable Oil /2 ts Hot red pepper flakes lb Broccoli Flowerets (6 cups) /2 c Water -oz jars, whole pimientos - -or roasted peppers, drained -and diced /4 c Grated Parmesan cheese Sat & Pepper to taste

2 Prepare pasta according to package directions. While pasta is cooking, warm the oil and red pepper flakes over medium heat for two minutes. Add the broccoli and saute for 2-3 minutes. Add 1/2 water and cover. Cook broccoli until tender.

3 When pasta is done, drain well. Toss the pasta with diced peppers. Season with salt and pepper to taste. Pour the broccoli over pasta, sprinkle with Parmesan and serve.

4 Per Serving:

5 Calories:.....567 Fat:.....7.14 g.

Servings: 6

Pasta with Scallops and Green Beans

1/2	lb	Green beans
1		x Salt & pepper to taste
4	Tbs	Olive oil
2	Tbs	Minced garlic
3	cup	Ripe tomatoes, peeled, cubed
2	Tbs	Tomato paste
1	tsp	Dried marjoram
1/4	cup	Coarsely chopped fresh basil
1/2	tsp	Oregano
1/4	tsp	Red pepper flakes
3/4	lb	Bow-tie pasta
1	lb	Bay or sea scallops*

Procedure

1 *Note: If using large sea scallops, cut them in half. Trim and cut green beans into 1-1/4-inch lengths. Drop them into salted boiling water and cook them for 7 minutes or until slightly crisp and tender. Drain immediately and reserve 1/2 cup of the cooking liquid. Heat 2 tablespoons of the olive oil in a saucepan over medium heat and add 1 tablespoon of the garlic. Cook briefly without letting it brown. Add tomatoes, tomato paste, marjoram, basil, oregano, red pepper flakes, salt and pepper. Cook, stirring well, for about 5 minutes. Set aside. Bring 3 quarts salted water to a boil. Add pasta, bring to a boil and cook, stirring, for about 12 minutes or according to package instructions. The pasta should be al dente. Meanwhile, heat the 2 remaining tablespoons of olive oil in a large saucepan over medium-high heat. Add scallops, remaining garlic and salt and pepper to taste. Cook, stirring, for about 1 minute, then add the tomato sauce, green beans and reserved liquid to the pan. Bring to a boil, then lower the heat to a simmer. Drain pasta and add it to the tomato-scallop mixture. Serve immediately with the remaining basil.

Servings: 4

Pasta With Shell Beans And Greens

1	lb	Cranberry beans (in pods) =OR=-	1		md Carrot; finely diced
					Salt
1	cup	-Cooked, Dried Beans	2	lb	Greens; such as Mustard, Kale, Turnip or a mixture
1		Bay leaf			
6		Sage leaves; -=OR=-	1		md Red onion; finely diced
1/2	tsp	-Dried Sage	3	pinch	Red pepper flakes
5	Tbs	Fruity olive oil	12	oz	Penne, ziti or shell pasta
4		Garlic cloves			Freshly ground pepper

Procedure

1 SHELL THE BEANS then put them in a pan with water to cover; add the bay leaf, half the sage and 1 tablespoon of the olive oil. Slice 1 of the garlic cloves and add it to the pan along with the carrot. Salt lightly and simmer until the beans are tender, about 30 minutes. Add more water, if needed. When beans are tender, set them aside in the liquid. Remove tough stems of the greens; roughly chop leaves. Heat 2 tablespoons of the oil in a skillet and gently wilt the onion. Chop the remaining garlic and sage leaves and add them to the onion, along with the red pepper flakes. Cook for a few minutes, then add the greens. Add 1/2 cup or so of cooking water from the beans and salt to taste; cook until greens are tender, about 15 minutes. When greens are done, add beans and enough liquid to make a little sauce. Cook the pasta in a large pot of boiling, salted water. When it is done, scoop it out and add it directly to the greens and beans. Toss them together, then turn into a heated serving dish. Drizzle the remaining olive oil over the top, season with plenty of pepper and freshly grated cheese.

2

Servings: 4

Pasta with Shrimp and Vegetables

3/4	cup	Butter	1/2	tsp	Dried oregano
2		Cloves garlic minced	1		Zucchini, thinly sliced
20		Frozen large shrimp	1/2	tsp	Dried basil
1		Bunch broccoli flourettes	1		x Parmesan cheese
4		Large mushrooms, sliced	1	lb	Cooked drained spaghetti
1/2	tsp	Dried thyme			

Procedure

1 Melt 1/3 of the butter in a large skillet over medium-high heat. Add garlic and saute 1 minute. Add shrimp and cook until pink, about 2 minutes on each side. Remove shrimp from skillet using slotted spoon and set aside. Add remaining butter to skillet and melt. Add broccoli, mushrooms, oregano, thyme and basil and saute 2 minutes. Add zucchini and continue cooking until vegetables are tender, about 2 minutes. Reduce heat to low. Return shrimp to skillet and heat through. Arrange vegetables and shrimp over spaghetti. Top with remaining garlic butter from skillet. Sprinkle with Parmesian and serve immediately.

Servings: 4

Pasta With Spinach, Sausage And Roquefort Cream Sauce

1/4	cup	Olive oil	1/4	cup	Coarsely chopped walnuts
4	oz	Hot Italian sausage*	2	cup	Whipping cream
8	oz	Mushrooms; sliced	4	oz	Roquefort cheese
2		bn Fresh spinich*	2	tsp	Dijon mustard
2		Garlic cloves; minced	1	lb	Fettuccine

Procedure

1 *Note: Remove casings from Italian sausages. Trim stems from spinach.

2 Heat oil in heavy large skillet over medium-high heat. Add sausage and cook until no longer pink, crumbling with fork, about 5 minutes. Transfer sausage to bowl using slotted spoon. Add mushrooms to skillet and saute' 2 minutes. Add spinach and saute' until wilted. Add garlic and walnuts and stir 1 minute. Add cream and Roquefort and bring to boil. Reduce heat and simmer until thickened to sauce consistency, stirring occasionally, about 10 minutes. Add sausage and mustard. Season to taste with salt and pepper. Stir sauce until heated through.

3 Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Drain. Place in large bowl. Pour sauce over pasta. Toss gently.

Servings: 4

Pasta With Szechuan Spiced Shrimp

1/4	lb	Spinach leaves
2		Tomatoes
16		lg Shrimp
2	Tbs	Olive oil
2		Garlic cloves
1/4	cup	Chinese chili paste
1	lb	Dry or fresh penne (or fettucine, or other pasta, cooked
1/2	cup	Butter; cut into 10 pieces

Procedure

1 Rinse spinach and remove stems. Peel and seed tomatoes. Chop roughly. Clean and devein shrimp. Set aside. Heat olive oil in skillet. Add garlic. Saute a few seconds. Add shrimp and chili paste. Cook until shrimp turn pink. Set aside. Arrange hot cooked pasta on serving platter or individual plates. Arrange shrimp over pasta. Saute spinach and tomatoes in half of butter until tender. Stir in remaining butter, bit by bit, until all butter in pan is melted. Pour equal amounts of spinach-tomato-butter mixture over pasta.

Servings: 4

Pasta with Szechwan Peanut Dressing

8 oz Pasta (preferably linguine)
2 cup Broccoli florets

Procedure

1. SZECHWAN PEANUT DRESSING--
2. MAKES 3/4 CUP /3 c Peanut butter(smooth/chunky) /2 c Hot vegetable stock or water t Soy sauce T Rice vinegar T Safflower oil x Cloves Garlic, minced /2 t Dry crushed red pepper
3. cups Cherry Tomatoes GARNISH: chopped scallion, optional Bring large pot of water to boil; cook pasta until al dente. While pasta is cooking, steam broccoli florets. In a med mixing bowl, whisk together peanut butter and stock or water until smoooth. Stir in remaining dressing ingredients. When pasta is done, drain well. Pour sauce over pasta; toss to coat well. Add broccolli and tomatoes; toss again. Garnish with chopped scallions. 4 - 6 Servings VARIATIONS: - add more red pepper to taste - try Szechwan Peanut Dressing as a warm topping on steamed vegetables, especially on green beans,broccoli, or cauliflower - make extra dressing to refrigerate and serve later on chilled steamed green beans or broccoli

Servings: 5

Pasta with Tomato Meat Sauce

1	lb	of your favorite pasta shape, uncooked
8	oz	lean ground beef
1		medium onion, chopped
2		cloves garlic, minced
6		large tomatoes, peeled, seeded and diced
1/2		to 1 tsp. salt
1/2	tsp	dried oregano
1/2	tsp	dried basil
1/2	tsp	sugar
1/4	cup	red wine

Procedure

1. Prepare pasta according to package directions.
2. While pasta is cooking, combine beef, onion and garlic in a large skillet; cook until meat is no longer pink. Set aside. In blender, combine remaining ingredients; process for 30 seconds. Add tomato mixture to meat; simmer about 20 minutes.
3. When pasta is done, drain well. Add the sauce to the pasta and serve.

Servings: 4

Recipe Type

Main Dish, Meat, Pasta

Pasta with Tuna

8	oz	Tubular Pasta
2	Tbs	Olive Oil
2	Tbs	Onion; minced
2	Tbs	Flour
1 1/4	cup	Non-Fat Milk
1	cup	Frozen Peas; thawed
6 1/2	oz	Can Water-Packed Tuna drained
1/3	cup	Fresh Parsley or Basil chopped
1/3	cup	Green Onions; chopped
1/4	cup	Parmesan Cheese; grated
1		dr Hot Pepper Sauce

Procedure

1. Cook pasta in a large pot of boiling water until al dente. Drain and return to warm pot. Put olive oil in saucepan and add onion. Saute until transparent. Stir in flour and cook for a few seconds and then whisk in milk. Stir constantly until this thickens. Add peas, tuna (shredded into chunks,) parsley, green onions, cheese and hot pepper sauce. Pour over pasta and stir gently to mix. Serve at once.
2. Per Serving: Calories: 440, Fat: 4 g, Cholesterol: 41 mg, Sodium: 260 mg.
3.

Servings: 4

Pasta With Walnuts

1	lb	Fettucini; green preferably	1/4	cup	Oil
		Pepper	2		Garlic cloves; minced
2		Onions; thinly sliced	1	cup	Parmesan; grated
2/3	cup	Sour cream	2	Tbs	Butter

Procedure

1 Cook fettucini conventionally on stove and drain. Microwave directions: Meanwhile place oil, onions and garlic in 2 qt bowl and cook on HIGH (100%) for 2 minutes. Add walnuts, stir and cook at HIGH (100%) for 2 minutes more. Stir in cheese and sour cream. Cook at HIGH (100%) for 1 1/2 to 2 minutes, stirring every 30 seconds. Season with pepper to taste. Toss cooked fettucini in butter and top with walnut sauce.

Servings: 4

Pastai Persli (Parsley Pie) Welsh

4	oz	Shortcrust pastry	1		x Desertspoon full plain flour
1/2	pint	Milk	2		Eggs
1	Tbs	Chopped parsley	2	oz	Choped steaky bacon
1		x Seasoning			

Procedure

1. Cold boiled bacon may be used instead of steaky bacon.
2. Line a flan ring or pie dish with the prepared pastry and bake it blind in a hot oven. Gas Mark 6 (400F) for 15 minutes.
3. Blend the flour with a little milk. Break the eggs into a basin and beat well, add the blended flour and remaining milk, seasoning and parsley.
4. Put the bacon (lightly fried if you are using steaky) into the pastry case and pour over the egg mixture. Bake at Gas Mark 3 (325F) for -35 minutes.
5. Mark 0 = 250 Mark 1 = 275 Mark 2 = 300 Mark 3 = 325 Mark 4 = 350 Mark 5 = 375 Mark 6 = 400 Mark 7 = 425 Mark 8 = 450 Mark 9 = 475

Servings: 4

Pasticiotti with Pasta and Ricotta

1	lb	Mini Max (Pasta #21)	1	cup	Sugar
2	lb	Ricotta	1	tsp	Vanilla
4		Eggs	1/4	cup	Milk

Procedure

1. Cook mini max partly and drain. Use 1-1/2 lbs ricotta in the pasta mixture. Combine all of remaining ingredients and pour over mini max in a 9x13 pan. Place remaining ricotta over mini max. Place on 3/4 top rack of oven and bake for 1 hour in a preheated oven.
2. [#6]

Servings: 1

Peanut Sauce over Pasta

Procedure

1 oz Pkg. spaghetti or linquine /4 c Peanut butter /4 c Tahini /4 c Rice or cider vinegar /4 c Soy sauce /4 c Orange juice /4 ts Hot pepper sauce (optional) /8 c Apple juice (optional)

2 Cook pasta according to package directions. Drain well.

3 Combine all remaining ingredients except apple juice in a blender. Puree at high speed in blender until creamy and smooth, at least one minute. Adjust seasonings. If mixture is too thick, add apple juice. Pour sauce over pasta. Serves 6.

4 Variations:

5 Add 1 T juice from grated ginger root or 1 T or more minced garlic.

6 Substitute lemon or lime juice for the orange juice.

7 Substitute almond butter for the peanut butter.

8 Pour sauce over grains, baked yams or broiled tofu instead of pasta. It's also good on steamed vegetables.

9 Per serving: 388 cal.; 16 g prot.; 12 g. fat; 59 g carb.; 0 chol.; 741 mg sod.; 3 g fiber

10

Servings: 6

Pennsylvania Pasta with Fresh Mushrooms

1/2	cup	Onion, chopped
3	Tbs	Unsalted Butter
1/2	cup	Water
1/4	cup	Dry Red Wine
1	Tbs	Soy Sauce
1	tsp	Salt
1	tsp	Sugar
1	tsp	Garlic, minced
1	tsp	Lemon Juice
1/2	tsp	Ground Coriander
1/2	tsp	Chili Powder
1/4	tsp	Pepper
1	lb	Fresh Wild Mushrooms
1/3	cup	Cold Water
1 1/2	Tbs	Cornstarch
		Hot Cooked Wide Egg Noodles
		Fresh Herb Sprigs and Pesticide-Free Edible Flowers

Procedure

1 In a large skillet, saute onion over medium heat until onion is transparent. Stir in 1/2 cup water, red wine, soy sauce, salt, sugar, garlic, lemon juice, coriander, chili powder and pepper. Cook and stir 1 minute. Stir in mushrooms. Bring to a simmer. Reduce heat. Cover, simmer 30 minutes. In a small bowl gradually stir 1/3 cup water into cornstarch until smooth. Stir into hot mushroom mixture. Cook, stirring constantly, over medium heat until mixture thickens and boils. Serve sauce over noodles. Garnish with herb sprigs and flowers.

2

Servings: 4

Poloni (Miniature Pasta Squares With Dairy Sauce)

		PASTA
2	cups	flour
1		egg, beaten
1/4	tsp	salt
1/2	cup	(about) water
		DAIRY SAUCE
1/2	cup	cottage cheese
1/2	cup	yoghurt
1/4	tsp	salt
2		cloves garlic, put through a press
1	tsp	fresh mint, chopped
1	Tbs	fresh dill, chopped
4	cups	water, lightly salted, up to 5

Procedure

1. POLONI (Miniature Pasta Squares w/Dairy Sauce)
2. Tish-Ah B'Av and Shavuoth are two holidays when dairy foods are preeminent and meat dishes are temporarily set aside. These pasta squares are covered w/a well-seasoned, rich dairy sauce. Poloni would also be welcome during hot summer days when cooking meat would increase the temperature in kitchen and eating it create a heaviness not conductive to comfort. Tish-Ah B'Av indicates that this fast day is celebrated on the ninth day of month of Av. This tragic holiday commemorates the destruction of First and Second Temples of Jerusalem.
3. Mix flour, egg, and salt and add just enough water to prepare a dough firm enough to be handled. Dust w/flour to reach desirable consistency. Put dough ball into a plastic bag and let it rest at room temp for 1 hour.
4. Cut dough into halves and roll each piece into a very thin pancake. (I do this w/my hand-cranked pasta machine.) Then cut pancakes into 1/2-inch squares. Set aside.
5. Mix sauce ingredients together and set aside.
6. Bring 4 to 5 cups of lightly salted water to a boil in a large pan, drop in pasta, and cook over moderate heat for about 10 minutes, or until tender but still al dente. Drain well.
7. Serve pasta and dairy sauce separately. Each diner fills his plate w/pasta and spoons over as much sauce as wanted.

Servings: 6

Recipe Type

Pasta, *Afghan

Quick Fix Pasta Sauces

ALFREDO PASTA

1	cup	Whipping cream
1/2	cup	Butter
1	lb	Fettucini; 450g;cooked
1	cup	Parmesan cheese; grated salt & cayenne pepper

Procedure

1. OR FRESH TOMATO PASTA--- Tomatoes; seeded & chopped /2 c Olive oil Garlic cloves ts Basil, dried pn Oregano, dried lb Spaghetti; cooked /2 c Parmesan cheese; grated -black pepper
2. OR ITALIAN SAUSAGE PASTA-- Italian sausages T Oil cn Tomatoes; 28 oz /2 ts Basil, dried lb Pasta; cooked
3. OR BACON N' TOMATO PASTA-- sl Bacon /2 c Olive oil Tomatoes; chopped Green onions; whole, chopped Garlic cloves; crushed ts Basil, dried -salt and pepper lb Pasta; cooked
4. OR: SOUR CREAM PASTA c Sour cream cn Tuna; 7 1/2 oz or salmon Green onions; sliced c Noodles; cooked
5. * Anne's note: I changed the quantities so that each dish would serve ; 1 lb pasta ALFREDO PASTA: Bring whipping cream and butter to a simmer. Pour into a bowl. Toss with fettucini, Parmesan cheese, salt and cayenne pepper. FRESH TOMATO PASTA: Seed and chop tomatoes. Add olive oil, dried basil and dried oregano. Toss with cooked spaghetti, grated Parmesan and black pepper. ITALIAN SAUSAGE PASTA: Cut sausages into bite size pieces. Brown in 1 Tbsp oil. Add can of tomatoes and dried basil. Break the tomatoes into pieces. Coil, uncovered until thick. Toss with cooked pasta. BACON N' TOMATO SAUCE: Cut bacon slices into 1 inch pieces and cook till crisp. Add olive oil, chopped tomatoes, chopped green onions, garlic cloves, dried basil, salt and pepper. Toss with cooked pasta. SOUR CREAM PASTA: Over low heat, cook sour cream, tuna (drained) and sliced green onions. Toss with 4 cups cooked noodles.

Servings: 4

Quickie Pasta Bake

1	lb	Pasta; penne, rotini or she
1	Tbs	Oil; vegetable
1		Onion; chopped
1		cn Tomatoes; 28 oz, crushed or
1	tsp	Oregano; dried Salt & pepper
2	cup	Cheese; grated, any type

Procedure

1 Preheat oven to 325F. Cook on pasta on stove and drain. Meanwhile, heat oil in saucepan. Add onion and garlic, saute till soft (about 5 minutes). Add tomatoes, oregano, salt and pepper, cook till heated through, about 5 minutes. Combine cooked pasta, sauce and 1 /2 cups grated cheese in ovenproof dish. Sprinkle remaining cheese on top. Bake 15-20 minutes at 350F. omit onions and garlic for even quicker rendition from

Servings: 4

Rolled Pasta with Radicchio, Pancetta, and Balsamic Vineg

8	oz	Dried Penne or Farfalle
1	Tbs	Salt
3	Tbs	Olive oil
4		Shallots, chopped OR 6 green onions, white part only
2	oz	Pancetta (Italian Bacon), diced
1		Head Radicchio (or 1 lb. Belgian Endive) sliced into thin strips to yield 2 cups
2	Tbs	Unsalted butter, cut into small peices
1/4	cup	Grated Parmesan Cheese
1	Tbs	Balsamic Vinegar
		Salt and fresh ground Pepper

Procedure

1. **Garganelli con Radicchio, Pancetta e Aceto Balsamico** [NOTE: Garganelli is a difficult-to-prepare fresh pasta. For instructions consult a pasta cookbook. Otherwise, substitute dried penne or farfalle.]
2. Bring 3 quarts water to a boil in a large pot. Add salt, then the dried pasta. Cook till "al dente" (8-10 min.).
3. Meanwhile, in a skillet, heat the olive oil with the shallots and pancetta until the shallots have softened and pancetta begins to crisp. Add radicchio and saute' until it wilts.
4. Scrape contents of skillet into a bowl. Toss to combine ingredients, season with salt and pepper to taste and serve.

Servings: 4

Salad Bar Pasta Salad

3	cups	cut-up fresh vegetables (broccoli, cauliflower, carrots, mushrooms)
2	oz	dry broad egg noodles cooked and drained
1/4	cup	reduced-calorie Creamy Italian dressing

Procedure

1. In medium sized bowl, combine vegetables, noodles and dressing. Toss to coat.
2. Cover and refrigerate salad until ready to serve.

Servings: 4

Recipe Type

Pasta, Salad, Side Dish, Vegetarian

Salsa Pasta Ole'

1/2	lb	Farfalle pasta; (bow ties)	3/4	cup	Bottled hot or medium salsa
1/2	cup	Vegetable oil	4	oz	Jack cheese; shredded or Montery Jack cheese
2		bn Scallions; cut into 3 inch julienne			

Procedure

1. 371 calories x 16 g protein x 51 g carbohydrate x 12 g fat x 25 mg cholesterol x 211 mg sodium
2. In large saucepan, in boiling, salted water, cook pasta as package label directs, until al dente.
3. Meanwhile, in medium skillet, heat oil over medium-high heat; in batches, fry scallions until crisp and beginning to brown, about 2 minutes each batch. Drain on paper towels.
4. Drain pasta; return to saucepan. Add salsa and cheese; toss to coat. Plce in serving bowl; to with ffried scallions.
5. . Happy Charring

Servings: 4

Seafood Pasta Salad

2	cup	Pasta, tri-colored spiral	1/2	cup	Zucchini, sliced
1	cup	Shrimp, cooked	1/3	cup	White wine worcestershire
1/3	cup	Green pepper, diced	1/3	cup	Mayonnaise
1/4	cup	Carrots; sliced			

Procedure

1 salt and pepper to taste * cook pasta according to package directions ** 1 can (6 1/2oz.) tuna, drained and flaked can be used for shrimp. *** Lea & Perrins White Wine Worcestershire Sauce. In a mixing bowl, combine pasta, shrimp or tuna, bell pepper, carrots and zucchini. Add Worcestershire, mayonnaise, salt and pepper and toss lightly to combine. Refrigerate at least 30 minutes before serving.

Servings: 4

Seafood Pasta Salad with Roasted Peppers

2		x Pepper, red, lg	1	lb	Scallops, bay, cooked
1/4	cup	Cheese, blue, crumbled (2oz	1/4	cup	Dillweed, fresh
2		x Peppers, yellow, lg	1	cup	Italian salad dressing
16	oz	Pasta, rotini			

Procedure

1 Char peppers evenly over gas flame, grill or under broiler. Place charred peppers in paper bag; close and let stand 15 minutes. Peel or rub away the charred skin. Remove tops and seeds; slice into thin strips. Meanwhile, prepare pasta as directed on package; drain. Rinse with cold water and drain well. Stir pasta with remaining ingredients in large bowl, mixing well. Chill about 1 hour.

Servings: 8

Shrimp In Champagne Sauce With Pasta

1	cup	Sliced mushrooms	2	Tbs	Minced shallots or scallions
1	Tbs	Olive oil	2		Plum tomatoes; diced
1	lb	Medium shrimp; shelled	1	cup	Heavy cream
1 1/2	cup	Champagne	1	lb	Dried angel hair pasta
1/4	tsp	Salt	3	Tbs	Chopped parsley

Procedure

1 Saute mushrooms in medium saucepan in hot olive oil over medium-high heat. Cook just long enough to release mushroom juices and let them evaporate. Remove mushrooms and set aside. In same saucepan, combine shrimp, Champagne and salt. Over high heat, heat to simmer. When liquid JUST boils, shrimp are done. Remove shrimp from cooking liquid with a slotted spoon immediately. Set shrimp aside. Add chopped shallots and tomatoes to cooking liquid. Boil over high heat until liquid is reduced to about 1/2 cup, approximately 8 minutes. When liquid is reduced, add 3/4 cup heavy cream and boil 1 to 2 minutes, til slightly thickened and reduced. Add shrimp and mushrooms to sauce; heat through. Taste and add more salt and pepper if needed. Meanwhile cook pasta according to directions on package. Drain thoroughly and return to cooking pot. Toss with remaining 1/4 cup cream and parsley. To serve, divide pasta among four plates. Spoon shrimp and sauce over pasta. Makes 4 servings.

Servings: 4

Snow Pea Pasta Salad

2	lb	Mostaccioli; cooked, drained and chilled
1	lb	Snow peas; trimmed, blanched and chilled
2	oz	Green onions; sliced
6	oz	Carrots; grated
8	oz	Mushrooms; sliced
12	oz	Ham; julienned
3	cup	Bacon and Cheese Dressing
6	oz	Almonds; sliced and toasted

Procedure

1 Combine mostaccioli, snow peas, green onions, carrots and mushrooms. Mix well. 2. Add Bacon and Cheese Dressing. Mix well. Chill. 3. Garnish each 1 cup serving with 1/2 ounce almonds. Serve.

2 Makes 12 one cup servings.

Servings: 12

Speedy Mushroom and Sausage Pasta

8	oz	(about 3 cups) bow-tie pasta, uncooked
1	lb	sweet Italian sausage links, cut in 1-inch pieces
		vegetable oil
12	oz	(about 3-3/4 cups) fresh white mushrooms
1	cup	coarsely chopped green bell pepper
1	cup	chopped onion
2	cups	prepared marinara sauce

Procedure

1. Cook pasta according to package directions; drain. Meanwhile, in large skillet cook sausage until browned and cooked through, about 10 minutes.
2. Remove; set aside. Drain off all but 1 tablespoon fat or add oil to make 1 tablespoon; heat until hot. Add mushrooms, green pepper and onion; cook, stirring occasionally, until tender, 5 to 7 minutes. Add reserved sausage and marinara sauce; cook until heated through, about 5 minutes. Ladle sauce over hot pasta.

Servings: 4

Recipe Type

Main Dish, Meat, Pasta

Spicy Baked Mushroom, Beef & Pasta Ole

2	cups	Wagon Wheel Pasta, uncooked
2	Tbs	Vegetable Oil
8	oz	Fresh White Mushrooms, quartered
1/2	tsp	Garlic, minced
1/4	cup	Green Onions (scallions), sliced
1/2	tsp	Salt
1/4	tsp	Ground Black Pepper
8	oz	Lean Ground Beef
1		can (19-1/2 oz.) Black Beans, rinsed
1		jar (11-1/2 oz.) Chunky Salsa
1 1/2	cups	Hot pepper Monterey Jack Cheese, shredded, divided
1/4	cup	Tortilla Chips, crushed

Procedure

1. Heat oven to 375 degrees. Cook pasta in salted water according to package directions. Drain; rinse under warm water; set aside.
2. Meanwhile, in a large skillet heat vegetable oil until hot. Add mushrooms and garlic; cook, stirring occasionally, until golden, about 5 minutes. Stir in green onions, salt and pepper; heat until hot, about 1 minute.
3. Add beef; cook until brown, stirring occasionally to crumble beef, about 5 minutes. Stir in black beans, salsa and 1 cup of the cheese; cook, stirring frequently, about 1 minute; remove from heat. Stir in reserved pasta.
4. Spoon into a 9" square baking pan; sprinkle with tortilla chips and the remaining 1/2 cup cheese. Bake uncovered, until hot and bubbly, about 30 minutes. Serve immediately.

Servings: 4

Recipe Type

Main Dish, Meat

Spicy Chicken Peanut Pasta

2	tsp	peanut oil
3		garlic cloves, minced
2	tsp	minced ginger
2	Tbs	minced green onions
2	Tbs	minced jalapeño peppers
2	Tbs	lite soy sauce
1/4	cup	low-fat peanut butter
1	cup	lite coconut milk
1/2	tsp	Asian chili sauce
1	Tbs	brown sugar
1/4	cup	low-fat low-sodium chicken broth
1 1/2	lbs	boneless skinless chicken breasts, halved, and cut into 2" cubes
1/2	cup	sliced shiitake mushrooms
1/2	cup	julienned red pepper
1/2	cup	sliced carrots
6	cups	cooked capellini pasta

Procedure

1. Heat the oil in a heavy skillet over medium-high heat. Add the garlic, ginger, green onions, and jalapeños and saute for 4 minutes.
2. Add the soy sauce, peanut butter, coconut milk, chili sauce, and sugar. Bring to a boil, lower the heat, and simmer for 5 minutes. Set the sauce aside.
3. Heat the broth in another skillet over medium-high heat. Saute the chicken in the broth for 5 minutes.
4. Add the mushrooms, red peppers, and carrots. Saute until the chicken is done and vegetables are crisp, about 5 to 8 minutes.
5. Add the chicken and vegetable mixture to the sauce. Toss the peanut sauce with the capellini and serve.

Servings: 6

Recipe Type

Chicken, Diabetic, Main Dish, Pasta, Poultry

Spicy Country Pasta and Cheese

2	Tbs	Chopped onion
2		Garlic cloves, minced
1	tsp	Olive oil
1	cup	White or shitake mushrooms sliced
1	cup	Canned italian tomatoes, (reserve liquid), chopped
5		sm Black olives, sliced in half
1/8	tsp	Crushed red pepper
2	cup	Cooked penne or ziti pasta
2	tsp	Grated parmesan cheese
		Fresh basil leaves

Procedure

1 In a 3 quart microwavable casserole, combine onion, garlic and oil and stir to coat. Microwave on high (100%) for 1 minute.

2 Add mushrooms and tomatoes with reserved liquid and stir to com- bine. Cover and microwave on high for 7 minutes, stirring once every minutes.

3 Add olives and pepper and stir thoroughly.

4 To serve, in serving bowl arrange pasta; top with mushroom-tomato mixture and toss to combine. Sprinkle with cheese and garnish with basil.

5

6 Each serving contains: 3/4 fat exchange, 2 1/8 vegetable exchange, 2 bread exchanges, 10 optional calories.

7 Per serving: 275 calories

Servings: 2

St. Louis Blues Pasta

One of NPA's Top 10 Favorites from the "Great States of Pasta" Recipe Contest Winners!

1	lb	Penne or other medium pasta shape	1	lb	collard greens, chopped and rinsed
1/2	lb	bacon	1		14.5 oz can chicken broth
4		cloves garlic, chopped	1	Tbs	wine vinegar
1	cup	onion, chopped	1	tsp	hot pepper sauce
1	tsp	salt	1/2	cup	parmesan cheese, grated

Procedure

1. Cook pasta according to pasta directions, drain.
2. Meanwhile, cook bacon in large skillet until crisp. Remove from pan, crumble and reserve bacon. Pour off all but 1 tbsp. bacon drippings. Sauté garlic and onion in remaining drippings. Sprinkle with salt.
3. Add collard greens and stir to coat collard greens with bacon drippings. Add chicken broth. Cover pan and simmer until collard greens are tender but not mushy, about 15 minutes.
4. Stir in vinegar and hot pepper sauce. Mix collard greens and pan juices with the cooked pasta.
5. Sprinkle with parmesan cheese and chopped bacon. Serve immediately.

Servings: 6

Recipe Type

Main Dish, Pasta

Stir-fried Scallops With Pasta

1	lb	Bay scallops	1	Tbs	Margarine OR butter; **
4	oz	Capellini OR Linguine	1 1/2	cup	Fresh mushrooms; sliced
1/4	cup	Dry white wine	1/2	cup	Green onions; sliced
2	Tbs	Water	1/2	cup	Carrot; shredded
1/2	tsp	Instant chicken bouillon; *	1	Tbs	Parsley; snipped
2		Cloves of garlic; minced	4		Lemon wedges

Procedure

1 * Granules (try to use the low-sodium kind such as Wylers) ** I use olive oil instead for a fresher taste. Thaw scallops, if frozen. Cook pasta according to package directions, EXCEPT omit oil; drain and keep warm. Meanwhile, for sauce, stir together wine, water, cornstarch, and chicken bouillon granules; set aside. In a large skillet, cook garlic in hot margarine or butter for seconds. Add mushrooms, green onions, and carrot; stir-fry for 2 to 3 minutes or till carrot is crisp-tender. Stir sauce. Add sauce, scallops, and snipped parsley to vegetable mixture in skillet. cook and stir till the sauce is thickened and bubbly. Cook and stir for 2 minutes more or until the scallops are opaque. Serve with lemon wedges. Yield: Makes 4 (1 1/4 cup servings. One serving equals: 2 lean meat exchange; 1 1/2 starch/bread exchange; 1 vegetable exchange; 1/2 fat exchange. Calories 247; Protein 23; Carbohydrate 26; Fat 4; Saturated fat 1; Cholesterol 37; sodium 340 (less if using low-sodium bouillon); Potassium 617

Servings: 4

Summer Harvest Pasta Salad

1/2	cup	Snow Peas; trimmed	2	Tbs	Fresh Basil; chopped
2	cup	Pasta; cooked			Salt
2	cup	Fresh Vegetables; sliced			Pepper
1/4	cup	Parmesan Cheese; grated			

Procedure

1 In a small saucepan, bring 3 cups water to a boil over high heat. Add snow peas, and cook for 3-5 minutes, until crisp-tender. Drain, and rinse under cold water until cool. Place in a large bowl with remaining ingredients. Toss with 1/3 cup of your favorite salad dressing 30 minutes before serving.

2

Servings: 2

Triple Cheese Pasta with Green Peas

4	oz	Gorgonzola cheese; room temperature
3	Tbs	Unsalted butter; softened
5	oz	Mozzarella; cut into 1/2-in cubes
5	oz	Italian fontina cheese; cut into 1/2-in cubes
1	Tbs	Olive oil
1/4	tsp	Freshly ground pepper
1		package Frozen baby peas (10 oz) or
2	cup	Fresh peas
3/4	lb	Rotelle pasta

Procedure

1 In a small bowl, mash the Gorgonzola and butter. In a medium bowl, combine the mozzarella, Fontina, olive oil, and pepper. Using a steamer rack, steam the peas over moderate heat until tender, until 5-7 minutes. Alternatively the peas can be cooked in the microwave about 3-4 minutes or until done. In a large pot of boiling salted water, cook rotelle until tender but still firm to the bite 5-7 minutes, drain well. Meanwhile, place the Gorgonzola and butter mixture in a large warmed bowl and let melt. Add the pasta and peas to the bowl. Toss to coat well. Sprinkle with the chives, add the mozzarella and Fontina mixture and toss again. Season with salt and additional pepper to taste.

Servings: 6

Turkey and Bow-Tie Pasta

1/4	cup	+ 1 tablespoon flour
2	cups	skim milk
1	cup	dry white wine
1	tsp	Italian seasoning
	dash	pepper
1	lb	turkey kielbasa or smoked turkey sausage cut into 1/2-inch slices
1		Package (10 ounces) frozen mixed vegetables thawed and well drained
6	oz	bow-tie pasta cooked according to package directions and drained
1	tsp	poppy seeds

Procedure

1. Over medium heat, in medium saucepan combine flour and milk. Add wine, Italian seasoning and pepper, stirring until smooth. Over medium heat cook mixture until thick and bubbly, stirring constantly. Fold in sliced turkey sausage, vegetables, and cooked pasta; reduce heat to medium-low and cook 5 to 8 minutes or until heated throughout.
2. To serve, top pasta mixture with poppy seeds.

Servings: 6

Recipe Type

Main Dish, Pasta

Turkey Gorgonzola Pasta

3	oz	olive oil
4		Cloves garlic freshly chopped
1	oz	kalamata olives pitted and sliced
2	oz	whole leaf spinach washed and dried
1	oz	dry white wine
8	oz	sundried tomato turkey breast, cut into 1-inch strips
1	lb	black pepper linguini cooked
		salt, to taste
		pepper, to taste
3	oz	Gorgonzola cheese crumbled

Procedure

1. Heat oil in a saute pan. Add the garlic, olives, and spinach. Saute until the oil becomes fragrant, continue sauteing until the spinach wilts. Add the wine and continue sauteing for 1 minute.
2. Add the turkey and cooked pasta; cook until heated through, season to taste.
3. Transfer to an oven-proof baking dish and top with Gorgonzola cheese. Place the dish under a broiler to melt the cheese.
4. Serve immediately.

Servings: 4

Recipe Type

Main Dish, Pasta

Turkey-Pasta Salad

4	cup	Cooked and drained wagon wheel or spiral pasta (about 2 cups uncooked)
2	cup	Short, thin, cooked turkey or chicken strips (~8 oz)
1		cn Whole kernel corn, drained (8 oz) OR
1	cup	Frozen corn kernels, thawed
1		lg Zucchini, cut into 1/2" slices, each slice cut into quarters
1		sm Red bell pepper, cut into 1/2" chunks
1/2	cup	Chopped cilantro or parsley
3/4	cup	PACE Picante Sauce
1/3	cup	Reduced-calorie creamy garlic salad dressing
1/4	tsp	Salt (opt)
		Additional PACE Picante Sauce (opt)

Procedure

1 Combine pasta, turkey, corn, zucchini, tomato, red bell pepper and cilantro in large bowl. Combine 3/4 cup picante sauce, dressing and salt in small bowl; mix well. Pour over pasta mixture; toss gently to coat. Refrigerate. Serve with additional picante sauce, if desired.

2 Makes 6 servings, about 8 cups salad.

Servings: 6

Tuscan Turkey and Pasta Toss

1	lb	smoked turkey cut into 1/2-inch cubes
16	oz	1 jar salsa or picante sauce
15-1/4	oz	1 can shoepeg white corn drained
1/4	cup	sun-dried tomatoes in oil; drained, oil reserved, chopped
1/4	cup	green onion chopped
1	Tbs	lime juice
1	tsp	sugar
1	tsp	garlic minced
1 12	oz	package linguine cooked according to package directions
3/4	cup	reduced-fat Monterey Jack cheese shredded
3	Tbs	fresh cilantro chopped

Procedure

1. In 3-quart saucepan, over high heat, combine turkey, salsa, corn, tomatoes, onions, lime juice, sugar, garlic, and 1 teaspoon reserved oil. Bring to boil, reduce heat and simmer 5 to 10 minutes or until heated throughout.
2. To serve, spoon mixture over linguine and sprinkle with cheese and cilantro.

Servings: 6

Recipe Type

Main Dish, Pasta

Vegan Pasta al Pesto

1/2	cup	Minced spinach leaves	3		Garlic cloves, minced
1/2	cup	Minced fresh parsley	1	Tbs	Light miso
1	Tbs	Dried basil	1/4	cup	Pine nuts, toasted
1	Tbs	Olive oil, extra-virgin			

Procedure

1 Place all ingredients in a blender & puree to a smooth paste.

2 Toss with hot pasta of your choice.

Servings: 4

Vegetable Pasta for Crock-Pot

2	Tbs	Butter or margarine	1/2	tsp	Basil; dried
1		Zucchini; 1/4" slice	1/4	tsp	Salt
1		Yellow squash; 1/4" slice	1/2	tsp	Pepper
2		Carrots; thinly sliced	1	cup	Parmesan cheese; grated
1 1/2	cup	Mushrooms; fresh, sliced	12	oz	Fettucine
1		package Broccoli, frozen; cuts	1	cup	Mozzarella cheese; shredded
			1	cup	Cream
4		Green onions; sliced	2		Egg yolks
1		Cl Garlic; minced			

Procedure

1 Rub crock wall with butter. Put zucchini, yellow squash, carrots, mushrooms, broccoli, onions, garlic, seasonings and parmesan in the crock-pot. Cover; co ok on High 2 hours.

2 Cook fettucine according to package directions; drain. Add cooked fettucine, mozzarella, cream and egg yolks. Stir to blend well. Allow to heat for 1 t o 30 minutes. For serving turn to Low for up to 30 minutes. Serves 6.

Servings: 6

Vitello Tonnato On Pasta

1		Onion; chopped
1	Tbs	Minced garlic
10	Tbs	Olive oil
2	lb	Veal loin or leg roast
6 3/4	oz	Canned tuna, drained
24		Anchovy fillets
1	cup	Dry white wine
1	cup	Water or chicken broth
1	tsp	Thyme leaves
2		Bay leaves
1	tsp	Ground white pepper
		1/2 lb Dry pasta; such as: penne or small shells
2		Egg yolks
		Salt to taste
1/4	cup	Capers
2	Tbs	Finely chopped parsley

Procedure

1 COMBINE ONION, GARLIC and 1 tablespoon oil in a 2-quart pot. Place over medium heat and cook, stirring, 5 minutes. Add veal, tuna, 6 anchovies, wine, broth, thyme, bay leaves and pepper. Cover, reduce heat to low and cook for 45 to 50 minutes or until a meat thermometer measures 135F. Remove the pot from the heat and let cool to room temperature. Meanwhile, cook 1/2 pound dry pasta according to directions. Drain, toss with 1 tablespoon oil and cool. Remove the veal from the cooking liquid and boil liquid 5 minutes, or until reduced by 1/2. Transfer contents of the pot to a bowl and let cool. Remove bay leaves, transfer the contents to a food processor, add yolks and blend until smooth. Continue to blend, adding the remaining /2 cup oil in a slow steady stream. When it's time to serve dinner, toss the pasta with the capers, parsley and half of the sauce and arrange on a large platter. Slice the veal very thinly and arrange slices on the pasta. Spoon remaining sauce in a ribbon over the veal and decorate with criss-crosses of anchovies.

2

Servings: 6

Warm Pasta and Spinach Salad

1		package Fresh spinach, washed, stems removed and torn into bite-size pieces (10 oz)
1/2	lb	Mushrooms, sliced
7	oz	Pasta Swirls, cooked, rinsed with cold water and drained
1		md Red onion, sliced
6		sl Uncooked bacon, coarsely chopped
1	Tbs	Cornstarch
1	Tbs	Sugar
1	tsp	Salt
1/2	tsp	Pepper
1	cup	or Real Mayonnaise
1	cup	Water
1/3	cup	Cider vinegar

Procedure

1. In large serving bowl, toss spinach, mushrooms, pasta and red onion. In medium skillet, cook bacon over medium-high heat until crisp. Remove with slotted spoon. Pour off all but 2 tablespoons drippings. In small bowl, mix cornstarch, sugar, salt and pepper. With wire whisk, stir cornstarch mixture into drippings in skillet until smooth. Stir in mayonnaise until blended. Gradually stir in water and vinegar. Over medium heat, bring mixture to a boil; stir constantly. Boil 1 minute. Pour over spinach mixture. Add bacon; toss to coat well. Serve immediately.
2. Makes 8-10 servings.

Servings: 10

Warm Pasta Salad

3		lg Ripe beefsteak tomatoes	1	cup	Diced mozzarella cheese
1/4	cup	Fresh basil	1/4	cup	Extra virgin olive oil
1	tsp	Chopped garlic			Salt and pepper to taste
1/4	cup	Fresh grated romano cheese	1	lb	Ziti

Procedure

1. Place diced tomatoes and chopped basil, garlic, grated cheese, mozzarella cubes, oil, salt and pepper in a large bowl. Let flavors mingle at room temperature. Cook pasta al dente. Drain. Put the hot pasta in a large serving bowl. Quickly toss the previous ingredients into the pasta. (This can be done at tableside.) Serve with freshly grate cheese and pepper on the side.
2. Note: When I made this dish, I heated it fully before eating. It was much better.

Servings: 6

Winter Pesto Pasta with Shrimp

12	oz	Fettuccine, uncooked
1	cup	chopped fresh kale, stems removed
1/2	cup	fresh basil leaves (about 1/2 oz.)
2		cloves garlic, halved
1/4	cup	grated Parmesan cheese
1/8	tsp	salt
1	cup	plain, non-fat yogurt
1	tsp	vegetable oil
1	lb	medium shrimp, peeled and deveined
1		medium red bell pepper, cut into bite-size pieces

Procedure

1. Prepare pasta according to package directions.
2. While pasta is cooking, puree kale, basil, garlic, Parmesan cheese and salt in a food processor or blender until smooth. Stir in yogurt.
3. Place oil in large skillet. Saute the shrimp and red bell pepper in the skillet over medium-low heat for 4 minutes or until shrimp is bright pink and cooked through.
4. When pasta is done, drain well and transfer it to a serving bowl. Add the kale mixture and toss well. Add shrimp and bell pepper, tossing gently. Serve immediately.

Servings: 4

Recipe Type

Main Dish, Pasta, Seafood

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